

Michelle drops baby bombshell on Mark



INSIDE MARK FRANCIS' POSH NEW PAD!

Exclusive pictures

'I won't invite the MIC cast for drinks'

EXCLUSIVE PICTURES

OMG!

AMY'S STEAMY NIGHT WITH JORDAN'S EX DANE



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new!

RISKING IT ALL FOR THEIR MEN



SKINNY CHARLOTTE & CHERYL WARNED:

'Don't lose any more weight!'



PERRIE

Flees the country with Zayn as she's branded a 'doormat' over new cheat claims



JACQUELINE

Ignores pressure to dump shamed Dan and says 'People make mistakes'



KOURTNEY

Slammed for planning baby No.4 as Scott's partying spirals out of control



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Sarah will join *Corrie* in the summer

The
new!
VIEW

We can't wait to see Sarah on *Corrie's* cobbles!

Ever since *Girls Aloud* called it a day two years ago, Sarah Harding has seemed to struggle to "find her feet" in the giddy world of showbiz.

While Kimberley Walsh made a splash on *Strictly* and the West End stage and Cheryl Fernandez-Versini racked up No.1 after No.1 while also becoming an *X Factor* powerhouse, poor Sarah's much-talked about solo efforts failed to materialise. Worse still, her foray into film didn't set cinemas alight either – her 2013 flick, *Run For Your Wife*, starring

Denise Van Outen and Danny Dyer, famously took just £747 in its opening weekend. Bad times!

So here at **new!**, we were genuinely thrilled for the star when we heard she'd landed a role in one of the country's biggest soaps, *Coronation Street* – ironically, in the same week her former bandmate Cheryl's latest single failed to dent the Top 100! Oh well, Chezza, at least you and Jean-Bernard will be able to watch your pal supping an ale in the Rovers while you're mulling over your next career move!

Clearly over the moon, Sarah tweeted, "Yes it true I'm joining *Corrie*!! As u all know I've been a huge fan for yrs now so can't wait to strut my stuff on those famous cobbles!!" And Cheryl was one of the first to

congratulate her old pal, ending her tweet with the hashtag #strutthossecobbles!

Of course, Sarah won't be the first singer to find success on the Street. Kym Marsh famously swapped pop for pulling pints

as *Rovers* barmaid Michelle Connor and will no doubt be on hand to ensure Sarah settles in smoothly.

Then again, as it's been revealed her character will lock horns with the Street's feistiest female, toxic Tracy Barlow, we reckon sparks will fly when she appears on screen this summer. Ooh, we can't wait!



Kym can offer advice



Lebby Eyres, editor-in-chief



Cheryl tweeted her pal (below)



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Samia Ghadie

MANCHESTER, MARCH 30

Samia's certainly got that pregnancy glow! The star looks happier than ever as she takes a break on the set of *Corrie*.

George & Amal Clooney

NYC, MARCH 27

The couple look like they're still in honeymoon mode as they attend a literary dinner party in the Big Apple. Not sure about Amal's high-waisted Capri pants, though...



Rihanna

LA, MARCH 30

She sang about being friends with a monster – and now RiRi looks like she's taking fashion tips from one, too. The singer steps out in this questionable Versace outfit while out for dinner in LA.



Katie Holmes & Suri Cruise

CALIFORNIA, MARCH 28

It's not every day you get to dance under orange confetti, so it's good to see Suri making the most of it at the Kids' Choice Awards!

Denise Van Outen & Eddie Boxshall

DUBAI, MARCH 28

Don't worry, Denise isn't being attacked by a flying saucer. The TV presenter is, in fact, dolled up for a day at the Dubai World Cup with her dapper man, Eddie. Hot couple!





**Ant,
Dec &
Ashley Roberts**

ASCOT, MARCH 29

Ant and Dec bring their partners, Lisa Armstrong and Ali Astall, to join in the fun at Ascot. Sadly, their close pal Ashley is left red-faced by a freak gust of wind. Thank God she's wearing good knickers!



Chloe Sims

ESSEX, APRIL 1

The *TOWIE* star does her best Kim Kardashian impression as she leaves her Essex salon with new platinum locks. All she needs now is a booty to match!

Papped

Seven days
with the stars

The flirty couple appeared to be locking lips at one point

STORY of the WEEK

Ooh-er! Amy grows close to Jordan's ex!

Our online columnist flirts up a storm with Dane Bowers in Essex (obvs!)

IT LOOKS LIKE AMY CHILDS AND DANE BOWERS HAVE TAKEN THEIR FRIENDSHIP TO ANOTHER LEVEL if our exclusive photos are anything to go by!

The former *TOWIE* star and Jordan's ex Dane enjoyed a "flirtatious" night out at Suite 104 in Brentwood last week, as they celebrated Amy's cousin Harry Derbidge's 21st birthday.

Now sources say Dane, who dated former glamour girl Jordan between 1998 and 2000, is smitten – though Amy might need a bit of persuading...

An onlooker told **new!**, "Amy and Dane have known each other for years but they've grown close over the past few weeks. He really likes her and keeps asking her to go out on a proper date with him. She's just his type – bubbly and

fun. Amy does like him too and the chemistry is definitely there, but he's 11 years older than her so she's thinking about it."

In one steamy snap, the lovebirds appear to be going in for a snog



Amy and Pete in Dubai in 2012



A fresh-faced Dane and Jordan in 2000

while in another, they affectionately hold hands as they boogie on the dance floor. And singer Dane, 35 – who earlier this year claimed Jordan was still "obsessed" with him after she told her *Celebrity Big Brother* housemates he broke her heart – couldn't keep his hands off Amy, 24, who looked stunning in an LBD.

Later in the evening, guests watched as he danced up against her with his hands on her waist.

Our source added, "Amy and Dane had a really good night together. They were chatting and giggling over drinks – they clearly get on really well. They were dancing together and

being very flirtatious. It's obvious he's smitten. Amy's family like him too. He's known her brother Billy for a while and they get on really well."

Clearly chuffed by the evening's events, Dane tweeted the following day, "Did I really have a dance off with @MissAmyChilds ?? Come on babes??? I've got moves!! Love you guys though."* before adding, "Good night with old friends and happy birthday to @MrHarryDerbidge (hard work trying to keep up with @MissAmyChilds though!)."

This isn't the first time Amy has been linked to one of Jordan's famous former flames. In 2010, the mum of five took to Twitter to make a subtle dig at Amy after she admitted she "loved" Jordan's ex-husband, Peter Andre.

Amy – who shares the same management with Pete, CAN

Pals say Amy and Dane have "chemistry"

The pair got cosy at Harry Derbidge's 21st birthday bash last week



EXCLUSIVE
PICTURES

Dane wants to
take Amy out on
a "proper date"

Associates – said, "He's brilliant. I think he's a great dad, and I think he's so good-looking. I can't believe him and Jordan split up. I don't mind going out with someone who's older and has kids – he's gorgeous! I love kids anyway. I could be their stepmum."

Jordan sarcastically tweeted, "Is it coincidence or do the girls that CAN take on get romantically linked with Pete? All a bit transparent. Pete and Amy perfect. She is nice!"

Just two years later, Amy sparked more rumours of a potential romance when she was pictured sitting on a topless Pete's back during a trip to Dubai.

Meanwhile, Alex Reid – who was married to Jordan, 36, for just over a year – reportedly made a beeline for Amy shortly after

they split in 2011, in an attempt to make his ex jealous.

Amy also confessed to snogging Jack Tweed in 2010, who apparently bombarded Jordan with Facebook messages the year before. She also enjoyed a relationship with Kirk Norcross, who became pally with Jordan and her Argentinian lover Leandro Penna back in 2011 while he was dating Lauren Pope. Complicated!

While Amy and Dane's PDA is likely to rile Jordan once more, friends and family of the bubbly star are bound to be over the moon that she's finally found someone she's clicked with. She's made no secret of wanting to settle down and after her friend Gary Levy tied the knot with



A tipsy Dane and Amy
at Sugar Hut in 2013

Amy told us last week, "In Essex, everyone settles down at a younger age. I mean, I'm 25 this year and I'm already feeling the pressure to settle down."

And there's evidence to suggest Dane has

Natasha Gray last year, she said, "Seeing Gary and Natasha makes me want to find my Mr Right."

Unlucky-in-love Amy has had a few failed relationships in the past. She ended things with AFC Bournemouth footballer Adam Smith last year because they couldn't hack the long distance. Prior to that, she finished with David Peters due to work commitments – though it was later claimed her ex Kirk may have played a part in the break-up.

had his eye on Amy for a while. Celebrating her 23rd birthday together at Sugar Hut back in 2013, Amy interviewed Dane in an adorable clip, which was later posted on YouTube. A tipsy Dane gushed, "Your family, I must say, Amy's family, her dad by the way, he's the boy for me. I like your dad, he's the one. Lovely family. Happy birthday," before giving her a kiss on the cheek. Aww!

ZARA ZUBEIDI

Michelle's baby bombshell for Mark

The actress puts her career ahead of Mark's well-documented desire to start a family...

MICHELLE KEEGAN MAY HAVE DASHED HER FIANCÉ MARK WRIGHT'S

hopes of becoming a dad any time soon.

The 27 year old has revealed she wants to put her blossoming career before having babies once they've tied the knot in Suffolk next month.

"Of course, me and Mark have talked about having a few kids. I don't know when, though. At the moment we're working hard on our careers and planning the wedding," she said.

After receiving rave reviews for her performance in BBC One drama *Ordinary Lies*, her first TV job since leaving *Coronation Street* last year, it appears Michelle has had a change of heart when it comes to starting a family.

After leaving the cobbles, Michelle admitted she'd be "over the moon" if she found out she was pregnant, confessing she wanted "loads of kids".

But she now seems keen to capitalise on her recent TV success, so her latest comments are likely to come as a blow to 28-year-old Mark, who just a couple of months ago gushed about how he hoped babies would be on the horizon in the near future.

Speaking to Lorraine Kelly, who hinted the good-looking couple would have beautiful kids, he said, "People do say that, but I don't want it to be jinxed so I'm hoping we have nice children, but as long

as they're healthy, that's all that matters."

As far back as last October, the former *Strictly* star confessed that having kids was high on his agenda. "I always wanted to grow up and marry a woman that I love and respect, then have kids," he



The couple are due to marry next month



Michelle got rave reviews for *Ordinary Lies*



The ex-*Corrie* star has had a change of heart when it comes to having kids

'AT THE MOMENT WE'RE WORKING HARD ON OUR CAREERS'

revealed. "That chapter of my life is beginning."

That same month, Mark uploaded a snap online of a mother – who looked scarily similar to his wife-to-be – and her baby cuddling, with the caption, "I can't wait for moments like this."

And just months after they got engaged in September 2013, Mark gushed, "I can't wait to start a family with Michelle. I want four

kids. I'd like an army of them."

When it comes to fatherly role models, he said he wants to be just like his own dad, Mark Snr.

"Everything's about his kids. I want to be a family man at home looking after my kids and my wife," he said.

It sounds like you'll have to wait a tiny bit longer to achieve your dream, Mark!

KARMELO DOUGHTY



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Kanye under fire for new Kim 'weight' rant

The rapper launches an attack on his wife's trainer after she refuses to let Kim lose a stone

KANYE WEST DOESN'T HAVE THE BEST REPUTATION IN SHOWBIZ, and last week he was branded "nasty" and "abusive" over his treatment of wife Kim Kardashian.

During last Sunday's episode of *Keeping Up With The Kardashians*, Kim described the moment 37-year-old Kanye "went crazy" at her personal trainer when she refused to help Kim drop 15lbs.

Kim – who weighed 9st 9lbs and wanted to get down to a tiny 8st 8lbs – said, "She [the trainer] was like, 'No way, I can't imagine you 15lbs lighter.' And Kanye's like, 'Wait a minute, you are the trainer and you're telling me you can't imagine her 15lbs lighter?'"

"So [Kanye said], 'We need to get another trainer, because if I tell you she needs to lose weight in between her toes you are going to figure out a f***ing toe weight.'"

Kanye's bizarre, ill-judged rant riled fans of the show, who are already concerned about the amount of control he has over his 34-year-old wife's life.

"That Kanye sounds like a nasty piece of work," one viewer wrote online. "The only weight kim needs to lose is kanye,"** added

another. Someone else noted, "This relationship seems abusive. Now Kanye is screaming at people over Kim needing to lose weight? Scary."

His comments about Kim's figure are just one of many things that have blighted his reputation in recent weeks. Last month, there were reports he persuaded Kim to dye her hair, after she admitted, "Kanye likes the blonde."

She also recently revealed how he made her throw out her entire wardrobe when they started dating in 2012.

Kanye's harsh words are worlds away from the praise he heaped on his wife's body last month. He tweeted a string of nude shots of Kim with the caption, "I'M SO LUCKY."

Kim managed to put the drama aside last week when she treated their daughter North, 21 months, to an Easter egg hunt. In one adorable photo, the tot looked delighted with her stash of chocolate.

Proud Kim captioned the shot, "Northie was so proud of all of the eggs she found! She wouldn't stop talking about it all night!"

Maybe some of that chocolate would cheer up Kanye too!

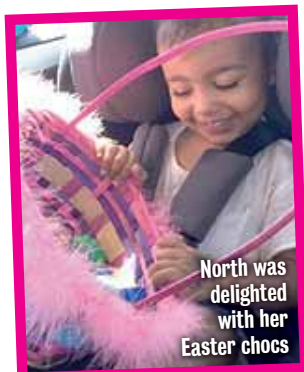
JULIA BROOKS



Kanye said they need to get another trainer



Kim on a three-hour workout in California last week



North was delighted with her Easter chocs

PHOTOS: FameFlynet.uk.com, INFPhotocore.com, Splashnews.com, Wire Image
Internet posts are printed exactly as they appear online



The couple were spotted holding hands in Miami

KHLOÉ & FRENCH'S LOVED-UP BREAK!

The on-off pair prove they're very much together as they're snapped holding hands during a break in Miami

They've been on and off more times than we've had hot dinners, but Khloé Kardashian and French Montana gave the clearest indication yet that they're well and truly back together as they enjoyed a luxury holiday in Miami last week.

The loved-up pair were snapped holding hands and at one point, when they sat down, French, 30, placed his arm across Khloé's

legs. The couple were also recently spied leaving a nightclub together at 5am.

Although Khloé, also 30, announced their split in December after eight months of dating, a source confirmed, "They're back and forth. He makes her happy and she's having fun. Nothing more than that."

It seems Khloé can't resist some, er, French kissing...



They also partied together at Dream

Kourtney stands by Scott after his Vegas blowout!

Despite his party-hard antics, the star is keen to have another baby with her man...

IT'S THE PROBLEM THAT'S PLAQUED HER RELATIONSHIP FOR YEARS, and last week history repeated itself for Kourtney Kardashian when it emerged her boyfriend, Scott Disick, would be returning to rehab for the third time this year after a huge blowout in Las Vegas.

The dad of three – who it's claimed has battled drink demons for years – only checked into rehab last month but left the Rythmia Life Advancement Center in Costa Rica less than a week later to host an evening at the 1 OAK nightclub in Sin City on Friday, March 27.

There, he was filmed yelling at the crowd, "Let's blow the roof off this motherf***er!" and then jokingly instructed the audience to orally please his friend, before adding, "Don't actually blow off or his wife will kill me."

And now Kourtney is left dealing with the strain once again after he announced he would be making a return to the centre, admitting, "I'm not done. I plan to go back to this place."

Kourtney's mum Kris and sisters Kim and Khloé are said to be "besides themselves" with worry about Kourt. A source told **new!**, "All of them used to justify it because Scott was out making money in his own way at appearances. But when he started being so rude to Kourt while he was gone, all bets were off."

The effect his recent behaviour has had on his partner was evident when she was pictured looking tense and sad on a day out with their two eldest children, Mason, five, and Penelope, two, last week.

The 35 year old was joined by her sister Kim, 34, and her daughter North, 21 months, as they attended a ballet class in Los Angeles – but even that couldn't put a smile on her face as many urged her to end her eight-year relationship.

One online commentator advised, "Dump him Kourtney," while another added, "He is messed up I don't know why Kourtney puts up with this nonsense she is a great mum and Scott is always leaving her to go partying he needs to grow up I think she deserves better to be honest."*



Scott did a PA in Vegas just days after leaving rehab



Kourtney, Penelope and Mason headed to a ballet class last week

Despite their relationship challenges, Kourtney continued to put on a united front last week and posted a picture on Instagram of the night they first met.

It's also been claimed that Kourtney is attempting to cover the cracks in their relationship by planning a fourth baby – despite the fact that she only gave birth to their third child, Reign, in December. But Scott, 31, was quick to pour cold water over Kourt's pregnancy dreams. When asked recently if he'd like to expand their brood, he replied, "Probably not. But she's probably pregnant for all I know!"

Our insider added, "Her family have informed her not to stay with him just to have another kid.

Kris really couldn't care less if Scott goes back to rehab – it won't put him back in her good graces because she sees right through it and knows it'd only be to try to 'prove' to the family that he's changed."

Scott caused more heartache for Kourt last week when it was revealed his ill-fated tour of the UK last month resulted in two strippers being suspended because they left their club in Manchester to party with him at his hotel.

A spokesperson for the club said, "Leaving the premises with customers, celebrity or otherwise, is not tolerated."

Oh dear. Let's hope things can only get better!

JULIA BROOKS



Kylie flaunted her figure on Instagram

KYLIE'S RACY INSTAGRAM PICS!

The teenager reveals perhaps a little *too much* online

She might be the baby of the Kardashian-Jenner clan, but Kylie Jenner certainly isn't being put in any corners!

The 17 year old proved that she could model swimwear just as well as her older half-sister Kim by posting a string of adult poses on her Instagram account last week.

Sat next to a topless Scott Disick, Kylie captioned one snap, "Pool day @ the Disick mansion," then uploaded a series of shots of herself in her cut-out bikini.

But some fans had the opinion that Kylie shouldn't reveal so much at her age. One blogger wrote, "Goodness me! That cleavage is always out. Cover up, act your bloody age and go to school," while another continued, "A 17 year old dresses like that. Wow."

We dread to think what she'll be wearing at, er, 18!



The star posed with Scott

Shrinking sta 'Don't go too



This swimwear selfie caused a stir

Charlotte Crosby

'Charlotte has an unhealthy obsession'

Geordie Shore's Charlotte displayed her tiny figure on Instagram last week in yet another swimwear selfie – but Nicki Waterman has warned the star against losing more weight and urged her to put on some pounds instead.

Posing in a purple bikini in Cape Verde, Charlotte's shocking snap led one concerned fan to blast, "Way too thin. No wonder girls are literally killing their selves as they think this is what they should look like."

Nicki, who believes Charlotte weighs 8½st, warned, "I don't think she should be losing any more weight – in fact she could do with putting on at least 5lbs."

She continued, "She certainly appears to have a thigh gap, which



Charlotte looked curvier back in February

seems to be an unhealthy obsession at the moment."

The 5ft 8in reality star credits her transformation – from a size 16 to a size 8 – to her *3 Minute Belly Blitz* fitness DVD and captioned the shot, "Tan lines but #3minutebelblitz got me bikini ready, my 1st holiday in the sunshine not wanting to cover up #BodyConfident."

Last week, Char, 24, said she feels "under pressure" to stay slim, adding, "Everyone's waiting for me to slip up and put the weight back on."

Nicki reckons her fears are justified. "I think her current body is just a phase," she said. "It may be

that Charlotte loves losing weight to be seen in the media, and the more column inches she gets the more it spurs her on."

Her spokesperson insisted, "Charlotte is happy, healthy and her BMI is perfect for her height. There's nothing for anyone to worry about."



She has gone from a size 16 to a size 8

Cheryl Fernandez-Versini

'She needs to gain at least 10lbs'

Cheryl shocked fans last week by sharing a snap of her shrinking frame on Instagram.

The 31-year-old former Girls Aloud singer was branded "too skinny" by followers as she posed in a tummy-baring top and skirt combo, which highlighted her small arms, skinny legs and jutting collarbone. Judging by the picture, Nicki thinks she's very likely to be underweight.

She said, "I think Cheryl needs to put on a good 10lbs. At 5ft 3in, I'd like to see her weigh 7½st at the very least, as right now I'd estimate she weighs only 6st 10lbs. I think she needs to eat more. Bigger portions and more carbs."

Although Cheryl has always maintained that she eats well, insisting, "I don't follow any strict diets, I just eat sensibly," it's not the first time the Geordie star's figure has come under fire.

Last year, her husband Jean-Bernard, 34, was forced to stick up for her when bloggers commented on her slight frame. He hit back at fans, "She is the most beautiful woman on the planet."



Chezza uploaded this snap on Instagram

rs warned: far'

Fitness expert Nicki Waterman says these skinny celebs could do with gaining a few pounds

Taylor Swift

'Her waist is tiny'

Her tall and lean physique has become her trademark – with her legs reportedly insured for a whopping £27 million.

But having such a hefty price tag on your shoulders, coupled with being one of the world's biggest pop stars, seems to be taking its toll on Taylor.

There were reports the 5ft 10in singer, 25, lost weight after moving to New York last year, shortly before she took to the stage at the world-famous Victoria's Secret fashion show.

But judging by this shot, taken on a Hollywood hike last week, Taylor appears to have shrunk even further, with Nicki estimating she's now a mere 7½st.

Our expert said, "She's a cardio junkie and looks like she's running on nervous energy. Her waist looks tiny! She needs to start watching her nutrition to make sure she's eating a nice, regular, healthy balanced diet and do some resistance training to build herself up a bit and give her some muscle definition. At the moment she just looks a bit too skinny."

Taylor on a hike in Hollywood last Monday



The star looked slimmer on holiday with Bunny last week

Katie Price

'She shouldn't lose any more weight'

She may have had her breast implants removed, but that's not the only part of Katie's figure that's rapidly disappearing.

The former glamour model, 36, whose boobs shrunk from a 32FF to a modest 32B, looked smaller than usual as she showed off her slender limbs in a pic with baby daughter Bunny last week – resulting in a flurry of comments from concerned fans. One said she was "too skinny now" and another advised her to eat more, writing, "U need a good pot o mince n tatties."

But the comments didn't deter Katie from later sharing a risqué pic of her arched bum, which she captioned, "I'm feeling cheeky."

Nicki, who estimated the 5ft 4in star's weight to be around 7st 10lbs, said, "Yes, the implant removal will naturally make Katie look thinner, but in terms of weight, I don't think she should lose any more."



Katie posted this cheeky snap

However, despite fans' concerns and Nicki's warning, Katie's pals said she's not on a diet, adding, "She eats what she wants."

Last month Katie told of her joy at feeling "sexier" and insisted she would never go under the knife again. "I like the way I look now, clothes fit better," she said, adding, "I removed

my implants because I didn't like the way my boobs looked any more. I think I look good now. It's sexy. I feel comfortable in my skin."

She continued, "I've had so many surgeries, that's it now. I can't say I have regrets but I won't do it any more to my body. I'll still have Botox, but at the moment the thought of one more needle going into me makes me feel ill."



She looks tinier since having her implants removed

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Tara looked worryingly frail on the beach in Miami last week



Tara Reid 'Tara weighs less than 6st'

Tara's latest stick-thin appearance has sparked concern for her health.

The *American Pie* star's weight has yo-yoed during her time in the spotlight, but the frighteningly frail physique she displayed on a beach in Miami last Monday suggested her weight has dropped once again.

"I think she only weighs about 6st, maybe less," Nicki told us. "At 5ft 5in, Tara is very underweight and there are so many health risks such as brittle bones, depression, anaemia and arthritis connected with that."

"It's very ageing not eating properly," Nicki added. "She looks

older than her 39 years and needs to take care of herself."

Last year, Tara laughed off suggestions she's too thin, insisting, "I'm just a small-boned girl, you see? I eat, I eat, I eat, I eat. I'm just what I am. So if you wanna get mad at me because I'm skinny, go ahead. I am what I am."

Despite her protestations, onlookers couldn't help but comment on her worrying appearance, which she has previously tried to rectify by undergoing plastic surgery.

"There's nothing natural about her size," one said.

Alexa Chung

'She has no muscle tone'

Her weight has sparked much debate over the years, but there's no question Alexa is looking smaller than ever.

The 31-year-old model and TV presenter's legs appeared very thin on the set of a recent photo shoot for Longchamp.

"I think Alexa is way too thin and her weight is easily 15 per cent or more below the expected weight for her age," Nicki said. "I'd say she's around 7½st, which is too small for a 5ft 8in model. She's got no muscle tone. She looks very pale, frail and brittle."

Alexa briefly shut down her Instagram account in 2012 after being branded "disgustingly skinny", but recently used the social media platform to poke fun at her critics.

Posting a picture of a box of doughnuts, she wrote, "I'm often being told via social media comments that I should 'eat a f---ing doughnut' Well, the guys at Krispy Kreme/Biscoff had the nous to actually send me some."

However, she failed to reveal whether she actually ate one...



Alexa's legs looked very thin on a photo shoot last week

Steph Waring

'Love split has made her lose her appetite'

They call it the heartbreak diet for a reason and it seems Stephanie is the latest star to sign up.

The newly single *Hollyoaks* actress, 37, who split from businessman Riad Erraji last month, showed off her tiny tummy and bony collarbone on a night out in Manchester for co-star Nikki Sanderson's 31st birthday.

Fitness expert Nicki said, "Steph's had a break-up and the stress may have made her lose her appetite. Hopefully, it's circumstantial and she'll start putting weight on again soon, but I'd put her at just 7st."

Steph, who is 5ft 1in, quickly bounced back into shape following the birth of her daughters Mia, now nine, and Lexi, her four year old with Kym Marsh's fiancé Dan Hooper, but she looked frail as she hit the town last week.

However, she insisted she has been making healthy snacks last week, tweeting, "Just made @dale_pinnock Apple & Cinnamon Flapjacks! breakfast on the go tomorrow!"



Steph looked tiny in Manchester last week

Danielle turns to pals as Jamie moves on

The model leans on family and friends as she parties in Dubai

DANIELLE LLOYD KNOWS THAT WHEN THE GOING GETS TOUGH, you can always rely on your mates.

So when news emerged that her cheating ex-husband Jamie O'Hara was dating a stunning model, Dan turned to showbiz pals, including Abbey Clancy, Gemma Merna and Denise Van Outen, for support.

According to sources, Jamie, 28, has been seeing lingerie model Elizabeth Tierney, 23, for "a couple of months" and has already told pals he's "smitten".

A friend said, "Elizabeth has definitely put a smile back on Jamie's face. There is no doubting that it's love. They have got lots in common and enjoy going on swanky dates together."

And despite claims Danielle divorced the footballer for allegedly cheating on her with two different women, his new squeeze doesn't seem to mind his reputation.

"Elizabeth is not fazed by his bad-boy reputation. She is used to mixing with footballers," the source added.

Danielle, 31, appeared to put on a brave face over the news as she celebrated the Dubai World Cup horse races at the posh Le Royal Méridien Beach Resort & Spa last week. She was all smiles as she posed for a picture alongside pregnant Abbey and her husband Peter Crouch, who have no doubt helped to take her mind off Jamie and his new lady.

But she hinted she was feeling sad about her marriage breakdown when she referred to them as "the perfect couple". Sharing a snap of the trio on Instagram, she wrote, "Dubai world cup fun with this perfect couple," adding, "Can't wait for baby!"

The mum of three also had the support of her parents Archie and Jackie, who haven't taken the news their estranged son-in-law has moved on very well.



Danielle partied with Peter and Abbey



Jamie is said to be "smitten" with model Elizabeth



Danielle was joined in Dubai by her parents, Archie and Jackie

Jackie retweeted one fan who'd taunted Jamie about Elizabeth by writing, "She's no @MissDLloyd though is she, she's f***in dog rough."*

She also reposted a tweet from a blogger who wrote to her and Danielle, "I know who I'd rather be dating!"

She then went on to post a cryptic picture of a quote which read, "Don't make excuses for nasty people. You can't put a flower in an a**hole and call it a vase." Ouch!

Danielle, who finalised her divorce from Jamie in December, attended a wedding

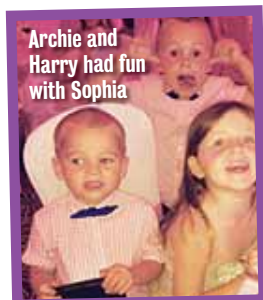
in Dubai a few days before the races. While she was happy to pose alongside her pals at the bash, it would have no doubt brought back memories from her own big day in 2012.

Thankfully, Dan not only has the support of her family and friends, but also her sons Archie, four, Harry, three, and 19-month-old George. They joined her for her break in Dubai and hung out with Abbey and Peter's four-year-old daughter, Sophia.

She also received a number of bouquets from a mystery admirer while there, as **new!** reported last week.

See, things aren't so bad after all, Dan.

SARAH MORTON



Archie and Harry had fun with Sophia

Posh's rules for David!

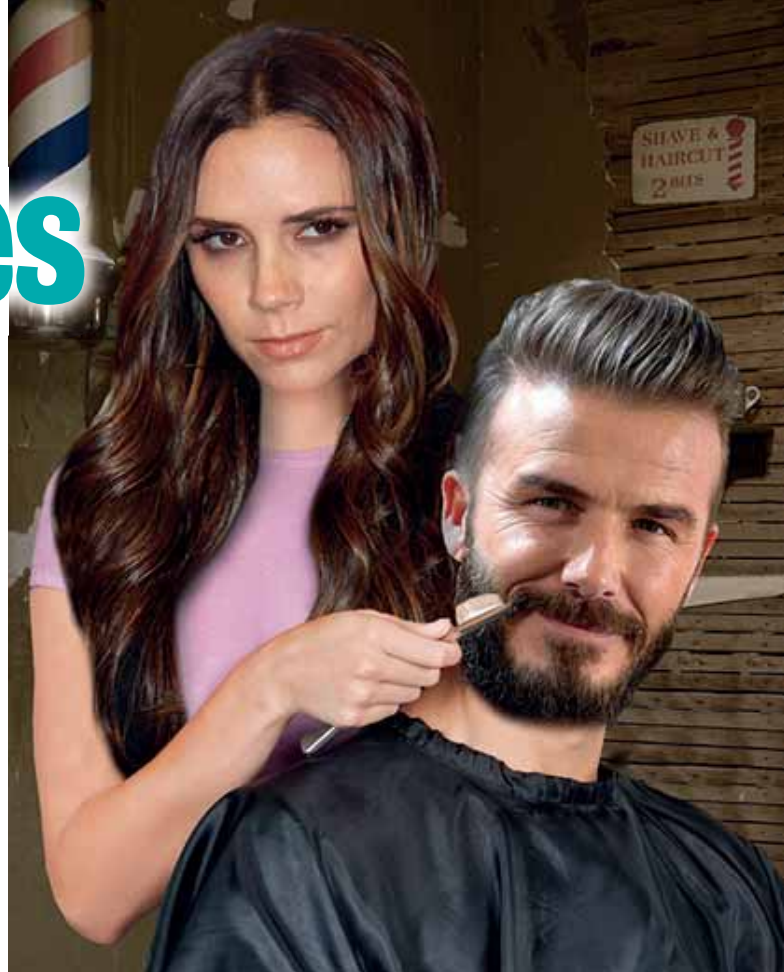
From her hubby's beard to babysitting, Posh has a firm grip on life in the Beckham household...

DAVID BECKHAM HAS GIVEN US A RARE GLIMPSE INTO HIS 15-YEAR MARRIAGE TO WIFE VICTORIA BECKHAM – and it's safe to say it's Posh who wears the trousers!

Speaking to James Corden on *The Late Late Show*, the hunky former footballer revealed his wife, 40, made him shave off his

beard last month after she saw a pap shot of him in Miami. The mum of four even forced him to accompany son Brooklyn on his first date. Awks!

Here, we take a look at some of the rules that 39-year-old Becks must adhere to while married to the world-famous fashion designer...



RULE 1 SHAVE!

We don't know about you guys, but we're a sucker for a beard – so when Becks was papped with some heavy facial fuzz (and topless, may we add) in Miami last month, we thought we'd died and gone to heaven. But apparently our dream was more like a nightmare for a less-than-impressed Vic.

Becks explained, "I was in Miami and Victoria actually saw the picture and was like, 'There's no way I'm kissing you unless you shave that off.' I left it for a day, and I was like, 'You know what? I'm going to have to do it.'"

Vic's decision even overrode that of daddy's girl Harper, three – and that's saying something.

He added, "The kids loved it actually – my little girl would just sit there and mess around with it. That was the end of it."



Becks keeps an eye out for Brooklyn

RULE 2 BABYSIT THE KIDS' DATES!

Having your 'rents come along on a dinner date is every teen's worst nightmare – but David told how that poor Brooklyn was left red-faced at the age of 14 when Victoria insisted Becks kept a watchful eye on their son by going along to the restaurant and sitting a few tables away.

David said, "It was when Brooklyn was about 14 and a half, it was Valentine's Day, and he was like, 'I would love to

take this girl for dinner.' I was like, 'Great, OK,' and Victoria was like, 'Really?' She said, 'OK, make sure you take him and then make sure you sit in the restaurant.'" Cringe!

But don't be fooled – David's got an equally protective nature that extends to all their brood. He later joked, "By the way, my daughter is almost four years old and when she gets to that age, I will be closer than that!"

RULE 3 FOLLOW MY BEAUTY REGIME!

If you want your man to look like Dave at the age of 39, take a leaf out of the Beckhams' book and share out your beauty products!

David recently confessed to pinching some of Posh's pricey face creams for fear of getting wrinkles, after someone called him "really old!"

He revealed, "I was walking out of a shop with a bunch of healthy stuff and this guy goes to me, 'Is that you, David? You look really old.' That was harsh."

And Vic's delighted her hubby has adopted a thorough skincare regime, dropping the bombshell, "You know, he uses all my Dr Lancer products. So we share all of our beauty products."

We wouldn't be surprised if Posh accompanies David to the barber's, either. After David spent time in the Amazon rainforest for documentary *David Beckham: Into The Unknown* last year, he said she was "more worried about my hair than a snake".

David is no stranger to his wife's beauty shelf



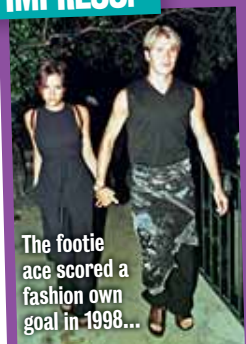
RULE 4 DRESS TO IMPRESS!

David's style has come a long way since *that* sarong faux pas in 1998 – and it's his designer wife who's ensuring it doesn't happen again.

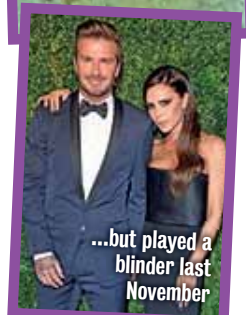
Speaking about Victoria's input when it comes to his wardrobe, David revealed, "She's told me quite often because honesty is important when you're in a relationship. She's very honest, and if she doesn't like what I'm wearing, she tells me straight."

"She gives me advice because her vision of fashion is marvellous and her business is going great. I listen to her advice 99 per cent of the time," added the star.

Now that's one rule we're very happy he's sticking to!



The footie ace scored a fashion own goal in 1998...



...but played a blinder last November

PHOTOS: Alamy, Extreme.co.uk, Getty Images, Rex Features, Splashnews.com, The Sun/News Syndication, WireImage



This beardy pap shot was the final straw for Posh!



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Perrie under pressure to dump Zayn!

The Little Mix star's labelled a "doormat" as more cheating allegations emerge



Fans have urged Perrie to call off her engagement

SHE'S CONTINUED TO STAND BY HER MAN THROUGH THICK AND THIN, but Little Mix star Perrie Edwards is facing mounting pressure to kick fiancé Zayn Malik into touch – with fans labelling her a "doormat" amid fresh allegations he cheated on her.

Last week, Perrie, 21, was being urged to dump the former One Direction star for good, after Swedish model Martina Olsson came forward claiming she slept with him while the group were on tour in Thailand, days before Zayn quit the band.

And Martina, 24, who alleged she bedded 22-year-old Zayn twice after he spotted her in a club, is leading the charge, warning Perrie to wise up to his antics. "Perrie should not stay with Zayn any longer because he has cheated on her and continues to lie about it," she said. "It's not the first time either, so maybe she will walk away."

Fans agreed. One said, "Perrie is a doormat, and Zayn is walking all over her. Why does she put up with it?" Another added, "Zayn is such a dirty dog, Perrie should dump his a**."

It was the second time in just two weeks that Zayn's fidelity was called into question, after a controversial photo emerged online of him cuddled up to fan Lauren Richardson, 26, at a party in Phuket.

Martina claimed she bedded Zayn at an after-party and then again 48 hours later, on the night the picture with Lauren was taken.

Zayn is alleged to have told her, "I want you now." She also revealed, "He didn't mention anything to me about having a fiancée. He was really flirtatious."

Now fans are calling for Perrie to rethink her relationship. One warned, "Run Perrie run, as fast as you can, because he won't change." Others added, "Buy a House and Get Married? Ye sure that stops everyone cheating," and, "This girl is a fool if she marries this dead beat." But Perrie is clearly standing by her man.

The singer was spotted shopping with Zayn's family last week after he reportedly enlisted his mum Trisha's help to get things back on track with his girlfriend. The following day



Martina claims she bedded the star



Perrie and Zayn posed for a defiantly loved-up holiday snap last week

they all boarded a private plane at Luton Airport, with Zayn joining them for the family break – thought to be in Perugia, Italy.

While abroad, the pair posed for a series of loved-up snaps, including one, which Perrie posted on Instagram, showing Zayn planting a kiss on her cheek. And as **new!** reported last week, they have also been house-hunting, in a bid to show the world they are keen to move on from the drama.

It's believed committing to Perrie was a big factor in Zayn's shock decision to quit 1D, with the Bradford-born singer keen to invest in a new family home and get married sooner rather than later.

Last week, he was back in the studio, recording tracks with producer Naughty Boy, who tweeted a link to a song featuring Zayn's vocals last Monday. But the move didn't go down well with his former bandmate Louis Tomlinson, 23, who tweeted Naughty Boy, "Wow you're so inconsiderate pal, seriously how f***ing old are you? Grow up!"

When Naughty Boy tried to defend himself, Louis responded, "Clearly trying to wind the fans up! Well you succeeded anyway."

The song was later revealed to be a demo of a track that didn't make it on to 1D's album, *Four*. "It's not new, nor is it a Zayn Malik solo track," an insider said.

Since quitting the band, Zayn has lost a whopping 50,000 Twitter followers. Eek! Although with more than 14million still following him, he doesn't look destined for social media extinction just yet...

BECI WOOD



She went shopping with Zayn's mum and sisters last Monday



Zayn was snapped with Lauren in Phuket

PHOTOS: Rex Features, Splashnews.com, The Sun/News Syndication
*Internet posts are printed exactly as they appear online

Jacqueline defe disgraced Dan

The actress ignores pressure from fans to “walk away” from Dan

FUMING JACQUELINE JOSSA DEFENDED HER BOYFRIEND

Dan Osborne's vile behaviour in an almighty Twitter rant last Tuesday.

The new mum appeared unfazed by the fact that Dan, 23, threatened to “kill” his ex Megan Tomlin – mum to his son Teddy, 15 months – in a leaked audio clip, and took his side, insisting the *TOWIE* star was in a “dark place” at the time.

Hitting back at Megan, who revealed the full extent of Dan's controlling and abusive behaviour in **new!** last week, she fumed, “I can assure you I wouldn't stand by a man capable of everything dan has been made out to be, he is my best friend, boyfriend .. and he is a brilliant father, above all else, I just want to clear up, he has never once been violent or even shown signs towards me at all.”



‘THE GIRL IS DELUSIONAL AND THINKS SHE IS THE VICTIM’

The actress, 22, who gave birth to the couple's first child, Ella, on February 15, went on to claim people would be “shocked” if they knew the full truth.

She continued, “People selling stories on him, show one side to a story, but people around dan know the whole truth, and you would all be shocked. I am 100 percent not saying what Daniel has said was right or okay, but people make mistakes when on dark places, and it's something That we sorted out privately not in front of the whole world, it's something he has apologised for and is embarrassed about.”

Jac was immediately inundated with pleas from fans to leave Dan. One fan urged her to “walk away while you can” and another wrote, “Sorry but if my

man said my daughter was a mistake and that he didnt want to be with me....he would be kicked out of the door.”

Another told Jac, “You're making yourself look like a mug.”

But she appeared to ignore their concerns, unlike Dan. After a fan messaged him directly, asking why, “if he's so innocent”, he hasn't revealed the “truth”, he replied, “Because when people are completely lying because desperate for attention, I don't choose to give them it.”

Just hours later, and with the aid of emojis, he again hinted Megan's claims against him were “bullsh*t”. He then retweeted some of his girlfriend's tweets about him having never laid a finger on her.

Jacqueline's outburst also caused a war of words with Megan's brother Remzi, who blasted the *EastEnders* star for allegedly trying to make herself out to be the victim.

“@jacquelineMjos you keep getting the wool pulled above your eyes and don't DARE come to my sister when needing help,” he fumed, adding, “The girl is delusional and thinks she is the victim.”

He also slammed Jac's mum Selina and Dan's dad Jim, who he claimed has been trolling Megan online. “The guy is about 50 abusing my sister on social media? The man needs to grow up,” he wrote.

Remzi then posted a screen grab of the nasty tweets about Megan that Selina had been favouriting, saying, “I'll say to you what I've said to Jim. Stop favouring tweets about my sister making these 12 year olds fan accounts think it's ok.”

PHOTOS: INFphoto.com, Wenn.com *Internet posts are printed exactly as they appear online



nds

Jacqueline and Ella supported Dan at a charity football match last week



But Jacqueline hit back, writing “@RemziTomlin as you and your family have made clear, we are all entitled to do what we want on social media. Leave my mother alone.”

Selina then uploaded a picture that read, “Sticks & stones the power of our words,” and later posted another quote which said, “Keep Calm What goes Around Calms Around.”

Jac’s sister Katrina also waded in, saying Remzi needs to “respect his elders”, to which he replied, “I’ve

been brought up with morals I know what manners are thank you.”

In the early hours of last Tuesday, 45 minutes after **new!**’s interview with Megan went viral, Jac appeared to be distressed and tweeted her mum asking her to answer her phone.

Days earlier, she was spotted playing happy families with her man as she and Ella cheered him on at a charity football match in Leicester, proving she’s still very much on team Dan.

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What's new!

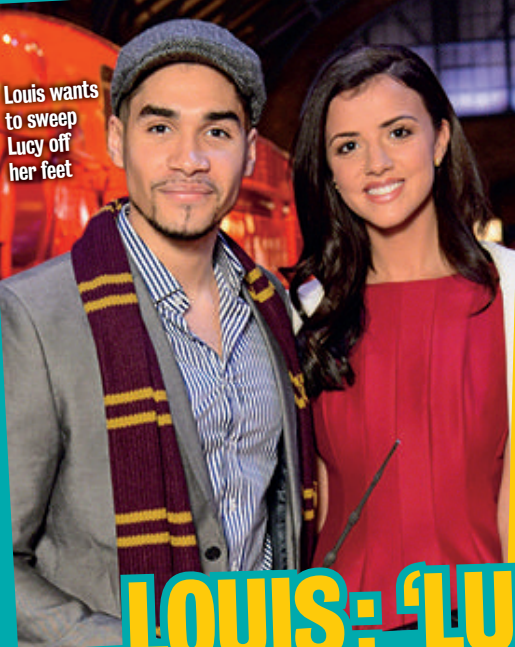
Your weekly celebrity news round-up



Jamie stalked a woman on the Tube as research for *The Fall*

You might want to avoid getting in the same carriage as *Fifty Shades* star **Jamie Dornan** if you find yourself on London's Underground. The 32 year old has revealed he stalked a woman on the Tube to get into his role for gritty murder drama *The Fall*. The actor confessed, "I followed a woman off the train one day to see what it felt like to pursue someone like that." Thankfully, the Northern Irish heart-throb stopped the chase after stalking her "around a couple of street corners". Phew!

Louis wants to sweep Lucy off her feet



LOUIS: 'LUCY'S MY MISSING PUZZLE PIECE'

Louis Smith couldn't be more loved-up with girlfriend **Lucy Mecklenburgh** if he tried. The gymnast has opened up about their four-month romance, saying he's worked hard to be the best boyfriend he can be.

"We've been seeing each other for a few months but it feels so easy and as if we've known each other for ages. I've tried to sweep her off her feet," he said.

The 25 year old affectionately added that the former *TOWIE* star, who he met while filming *Tumble* last year, is "the one thing missing from my puzzle".

And it seems Lucy, 23, feels the same way. Last week, she joined his mum, Elaine,

to watch him take part in The British Gymnastics Championships and tweeted a picture of her boyfriend's super-hot body with an emoji of a loved-up face.

But although it might seem obvious what Louis sees in Lucy after she uploaded an impressive shot of her abs last week, he in fact claims their relationship works so well because they're so different.

He said, "She's very driven, busy and a real planner, whereas I'm probably more laid-back because, if I look ahead too much, I get stressed and then I don't do well. We complement each other."

Well, they do say opposites attract!

The star posted this shot of her toned tum last week



AMANDA NIPS IT IN THE BUD!

After her nipples took centre stage at the Birmingham auditions for *Britain's Got Talent* earlier this year, **Amanda Holden** has found a way to avoid a repeat performance – nipple covers.

The 44 year old revealed, "I have nipple covers because it's something I have suffered with all my life. On *This Morning* I forgot them and Phillip Schofield found them and we played a game of throwing them at the wall to see how far we could throw them and how long they stuck to the brick wall. So they seem to feature a lot in my life!"

The mum of two was told to "calm things down" by bosses on the ITV show, but it sounds like her stylist prefers her raunchier look. Amanda cheekily added, "She actually said to me, 'You've got great nipples, get them out!'" Oo-er!

Amanda caused a stir when she showed off her nipples at the *BGT* auditions in February



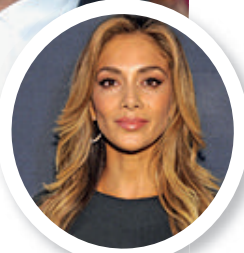
She wears nipple covers on *This Morning*, which she presents with Phillip



Lewis has written a song about Nicole

Lewis Hamilton penned a song about his ex **Nicole Scherzinger** before they split in February.

The F1 champ, 30, looks set to release his debut track, *J'Adore* – French for I love you – after hitting the recording studio in his home, which he hinted he built for Nicole. "I built the studio in my house for someone else and ended up using it. I built it so we could be in the same place all the time... but now I use it all the time instead," he said.



Kellie: 'I am proud of who I am'

Former *Celebrity Big Brother* contestant **Kellie Maloney** has broken her silence following her announcement that she's undergone gender reassignment surgery.

The former boxing promoter said last week, "This was not about a sex change. I have always been a woman. Of all the hurdles, this has been the least painful."

The 61 year old, who's been resting at her home in Kent with her two daughters, Sophie, 20, and Libby, 14, added, "Surgery went to plan and the doctors are pleased. They've told me rest is imperative for a full and

complete recovery. I'm really happy with the results. Rest and recuperation is what I need lots of now."

Kellie also celebrated International Transgender Day Of Visibility by posting an uplifting message on her Instagram page. She noted, "I am proud of who I am."

We're glad to hear it!



She tweeted this snap after leaving hospital

Kellie has undergone gender reassignment surgery

Bruce Jenner's son jumps to his defence

Bruce Jenner's son **Burt** has hit out at **Jamie Foxx's** "transphobic" jibes about his dad during the iHeartRadio Music Awards last week.

Burt, 36, defended the former Olympian, who's rumoured to be undergoing a gender reassignment, after Jamie, 47, suggested Bruce, 65, would

be "doing a his and her duet all by himself".

Burt likened Jamie to another actor, who also made jokes about Bruce's transition last month.

He said, "I think he is just copying Kevin Hart because Kevin Hart is taking all his movie opportunities. The man is on a roll and Jamie Foxx is on the way down. He's gotta keep his mojo going so he's gotta copy what's working."



Burt blasted Jamie (inset) for his jibes about dad Bruce



Coleen swaps Barbados for budget Butlins

Coleen Rooney surprised fans last week by spending the weekend at budget family holiday camp Butlins in Skegness with her two sons.

Sharing a snap of Kai, five, and Klay, 22 months, enjoying a ride, she wrote, "Great weekend at Butlins, reliving my childhood. The boys loved it, especially the Entertainment!"

Coleen, 29, then uploaded a photo of Kai grinning from ear to ear in his Diversity T-shirt and Klay eating ice cream, with the caption, "Had a great weekend so far at Butlins, the kids have loved it! Kai's excited

for Diversity to come on and Klays enjoying his Magnum!"

It's believed Coleen – who has visited Barbados, Dubai, Portugal, Brazil, Las Vegas, Cyprus and Paris in the past 12 months – paid for the £75 per person trip herself.



Coleen tweeted cute snaps of the boys on holiday



Kai and Klay enjoyed their budget break



Things are looking up for **Kelly Brook**, 35, after news of a second series of her US sitcom, *One Big Happy*, emerged last week. The star is said to be "delighted" about a potential return to the small screen. Go Kell!



Danniella Westbrook, 41, has confirmed she's making a TV comeback, by returning to *Hollyoaks* as **Trudy Ryan**. "Blessed 2 b back with an amazing team cast and crew #Shes Back," she tweeted.

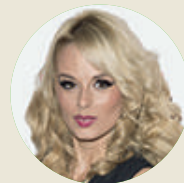


Queen of pop **Madonna**, 56, plans to pen a tell-all book. She said, "I'm sure I will one day. I've got so many tales to tell. I'd tell the stories I felt were valuable to tell." We can't wait!

GOOD WEEK

Who's on the up and who's going down

BAD WEEK



Rhian Sugden, 28, called the police after a stalker pretending to be her bizarrely started planning her wedding to fiancé **Oliver Mellor**. "It's really scaring me. There are some weird people about," she said.



Lindsay Lohan's relationship with **Calum Best**, 34, led to "some of the worst moments" of his life. They briefly dated in 2006 and 2007. "The two of us together are combustible," he wrote in his new book.



Susanna Reid, 44, suffered an embarrassing wardrobe malfunction live on *Good Morning Britain* last week when her dress tore open. After a quick change, she tweeted, "#TodayThreads #Take2."

Ange and her girls can't contain their delight at the Kids' Choice Awards

Angelina's triumphant return to work

The actress is back in the spotlight after cancer op with her daughters by her side

IT LOOKS LIKE THE PERFECT PICTURE OF HAPPINESS

— Angelina Jolie embraces two of her children, Zahara and Shiloh, as she collects an award to huge applause.

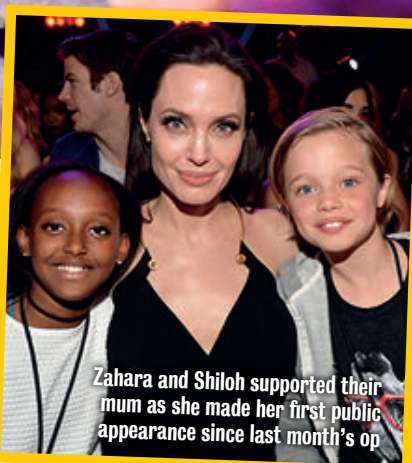
The poignant moment was all the more special as the trio's adorable display of affection at the Nickelodeon Kids' Choice Awards marked Angelina's first public appearance since she had a potentially lifesaving operation to remove her ovaries and fallopian tubes just three weeks earlier.

Looking relaxed and healthy, Ange, 39, was all smiles as her gorgeous girls congratulated her on winning the Favourite Villain gong for her role in *Maleficent*.

Clearly delighted to be at the annual bash, held at the Los Angeles Forum on March 28, Shiloh, eight, and adopted daughter Zahara, ten, threw their arms around their mum as her name was read out.

On collecting her award, Angelina, who is also mum to Maddox, 13, Pax, 11, and six year-old twins, Vivienne and Knox, gave an inspiring speech to the thousands of children in the audience and the millions more watching at home.

She said, "When I was a kid I was told, like *Maleficent*, that I was different. But then I realised something. Different is good. So maybe you don't fit in. Be yourself. And when someone tells you



Zahara and Shiloh supported their mum as she made her first public appearance since last month's op

that you are different, just smile and hold your head up and be proud."

She then cheekily added, "And as your villain I would say, 'Cause a little trouble.' It is good for you!"

It was the first time Ange has spoken in public since she underwent the op. In an article published in the *New York Times* last month titled *Diary Of A Surgery*, the actress explained her reasons for having the procedure, writing, "Now my kids won't have to say, 'Mom died of ovarian cancer.'"

The star decided to have the op two years after undergoing a double mastectomy upon discovering she carried a mutation of the BRCA1 gene, which gave her an 87 per cent risk of developing breast cancer and a 50 per cent risk of ovarian cancer.

Angelina's beloved mum Marcheline Bertrand died of the disease in 2007, at the age of 56.

JULIA BROOKS



The star won for her turn in *Maleficent*

THE BECKHAM BOYS GO IT ALONE!

We all know how embarrassing our parents can be and it looks like the Beckhams are no different!

They're used to their mum and dad soaking up the limelight on the red carpet, but last week it was the Beckham lads' turn to take centre stage.

Brooklyn, 16, Romeo, 12, and Cruz, ten, left Victoria and David at home while they posed for cameras at the Kids' Choice Awards. Brooklyn took full responsibility of his

siblings for the evening and placed a protective arm around both his brothers as they stood on the orange carpet.

And while their parents were nowhere to be seen, it looked like Mum might have had a say in her sons' ultra-trendy outfits...



Romeo, Brooklyn and Cruz strike a pose

TRY IT NOW

"IT'S TRULY AMAZING"

Denise W, Telford



"NEVER TASTED ANYTHING AS GOOD"

Carol W, Bolton



"A REAL WINNER"

Connie M, Glasgow



"IT'S HEAVEN ON A SPOON"

Angela W, Stockport



"SO CREAMY IT'S SHEER BLISS"

Nicole S, home Hawaii, heart London



PLANET PETE

EVERY WEEK!

This week, Pete talks about his family skiing trip and sticks up for Brian Harvey...



FUN-ON THE SLOPES

I'm having a great time skiing in Canada with the fam. We're staying in what can only be described as the ultimate chalet with an indoor pool and cinema.

As you can imagine, J and P are in their element!

Skiing is becoming a real family bonding activity for us and I'm sure it will be a regular holiday in all our lives. The kids have blown me away with how good they are getting – Bista just flies past me and says, "C'mon dad!"

Of course I've never fallen... except for Ems, that is. OK, I know that was pure cheese! I'm actually pretty good at skiing and now I want to learn snowboarding.

PHOTOS: Getty Images, Landmark Media, Ruckas Pictures, Scope Features

Firstly, I want to apologise to James Corden for not being able to join him in his hilarious spoof underwear advert for *The Late Late Show*. I can understand why he settled for Becks instead, ha ha!

In the clip, the pals can be seen posing and dancing in their pants for a fake advertising campaign for "D&J Briefs". OK, I'm jealous, but it's good to see the guys having fun and not taking themselves too seriously.

PAIR OF JOKERS



WELL SAID, BRIAN!

Former East 17 singer Brian Harvey has admitted he recently contemplated suicide and has teamed up with his local MP to urge the music industry to take more care in looking after its troubled artists.

I've known Brian for years and to give you a bit of background, he really supported me when I first came to the UK. He helped me launch my career here, so I'll never forget that.

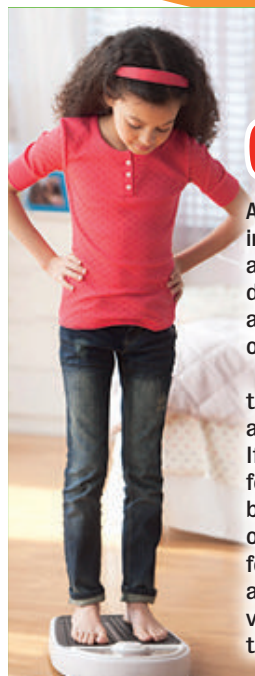
People have all kinds of perceptions about Brian, but I think the point he's making is right. I've mentioned before that we need to take mental health a lot more seriously as I know how vulnerable you can feel in that situation.



Fears over child dieters

According to new research, one in five girls of primary school age have already been on a diet. This is so sad. I know obesity among children is a problem, but some of these kids aren't even overweight.

We as parents have to try and explain to our kids that it's important to eat well and that it's good to be a healthy weight. If a doctor has put your child on a diet for health reasons then fair enough, but children should be concentrating on enjoying themselves rather than focusing on how they look. Although many adults, including myself, have tried various ways to stay in shape, we need to help guide them in the right way.



MY VIEW ON THE NEWS

THUNDERBIRDS ARE BACK!

Although I'm – ahem – young enough to remember the original *Thunderbirds* series, it wasn't my favourite show. But I'm glad it's returning for all the T-Bird lovers out there.

Brains has been given an Indian accent to make the show more multicultural and I think it's important they've done this. Some will disagree, but people need to chill with the PC stuff. The world is multicultural and accents are all around us. My mum and dad's Greek accents are strong and I love imitating them.



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The MIC cast won't be coming over for drinks!

Made In Chelsea's Mark-Francis Vandelli invites **new!** inside his luxurious new home – and explains why he won't be getting the reality gang round any time soon

INTERVIEW **Olivia Adams**

Receiving an invitation to visit Mark-Francis Vandelli in his new home has to be one of the most thrilling moments of our year so far. So it's little surprise we're almost hyperventilating with excitement when we arrive outside the *Made In Chelsea* star's apartment in London's posh Knightsbridge on a beautiful spring morning.

After being welcomed in by his housekeeper, we hastily remove our shoes for fear of ruining the cream carpets and make our way to the drawing room. It's large and adorned with antiques, paintings and candles. It's warm, too, and not just because of the coal fire. The thick rugs and gold and red colours of the furniture give the place a homely feel, while the jazz wafting through the air relaxes us instantly!

The apartment comprises a drawing room, kitchen, bedroom, dressing room and two bathrooms and it's undeniably fabulous. But one thing's missing: Mark! While we wait, we're served hot tea in china cups until, with a flourish, the man himself finally appears.

Dressed head to toe in black, Mark, 26, reveals he's late because he's been to hospital! "I was walking on Sloane Street yesterday and it was particularly windy. For a split second I lifted my sunglasses and I got a pebble in my eye," he says. "I went on to Harrods but it was too painful to shop. Eventually I went to hospital. What a day!"

Once he's ready, we get down to business, chatting about his home, love life and *MIC*. Mark is wonderfully welcoming and as funny and charming as you'd expect. He even tells us he's "mortified" the 60 white orchids he bought for the home last week have died ahead of our visit.

We'll let you off this once, Mark!

Mark, your new home is stunning. When did you move in?

Thank you! A few weeks ago.





'I needed five metre ceilings
– it makes you breathe!'



Why did you decide to move?

I moved out of my mother's house when I was 17 and I'd been living at a house my grandmother gave to me in London ever since. This happened completely by chance. My friend was looking for a place and I offered to help him. When we walked in I said, "I'll take it." That's when you know somewhere is right for you. When you see it, like it and want it – even though you're not looking.

Did your friend want the house too?

I didn't give him time to proffer an opinion.

So what's happened to the old house?

I've kept it. My housekeeper lives there. The furniture in here is just stuff I had in storage.

Where is your old house?

Just around the corner! But it's in Chelsea, not Knightsbridge.

What makes this house better?

It doesn't make it better. It's just different. This is much smaller but has high ceilings. I needed five metre ceilings. It makes you breathe. Houses in Chelsea generally don't have high ceilings.

Do you prefer Knightsbridge to Chelsea?

It's much quieter, and it has grander, bigger houses. In Chelsea the houses are slightly poky. I've spent all my life in Chelsea and I wanted a change. I also got bored of walking down the King's Road. It's become a high street like any other.

What does your housekeeper do to help you?

There's so little to do for me. It's an hour's work a day. It's a question of washing a shirt, ironing it and maybe making coffee. We've been together for six years now.

Where do your parents live?

They're always moving. They're between France, Italy and London. They're a lot of fun. They couldn't be better parents.

Do they stay with you when they're in London?

Oh, absolutely not!

How would you describe your home?

A traditional but welcoming environment. The fire has to be burning, there has to be flowers, and there has to be music – a sense of life.

Have you ever been to IKEA?

I went many years ago and realised it was the best thing that's happened in the last few decades, because it's given everyone the opportunity to buy good design.

What's the most expensive item here?

I have no idea. I'm not interested in the intrinsic value of things. It's whether they speak to me.

We notice there's no television in here...

No, there's no television anywhere [laughs]. I don't have time to watch TV.

What's your favourite room in the house?

My bedroom. It's intimate. It's a room no one goes into apart from people you really want to see your home. And there aren't that many!

Have you met any of your neighbours yet?

I have. All my neighbours are young, which is wonderful because in my Chelsea house they're all severely aged.

Are you a good neighbour?

If you work, I'm the perfect neighbour because I'm only ever at home during the day. In the evening, I'm always out, so I won't keep you up.

Have you had a housewarming party?

I had a party. I didn't think of it as a housewarming, but it was a great party. I had 150 people in here. It was so much fun. I had a violinist. It was beautiful.

What makes a good party?

I suppose you can only really learn how to throw a party by having been to some of the



best, and a few of the worst. Attention to detail is imperative.

Would you ever want a housemate?

I've never lived with anyone, apart from a few weeks in New York with Victoria Baker-Harber when we filmed *Made In Chelsea*. It was so much fun that it made me realise I missed a whole part of growing up... But it's too late now [laughs].

Could you not move someone in here?

The thought of someone doing this [moves a vase a centimetre] – it's over. Everything has a place and when things are not in their place I find myself slightly unhappy.

Have you had your *MIC* castmates over?

Only Victoria. She said the house was very me – and she knows me better than anyone.

Did she bring you a housewarming gift?

Victoria is so generous. She sent me a crate of champagne.

Wow! Who do you spend time with away from the show?

I don't spend time with anyone from the show. It's not that I don't like them. We lead different lives.

Would they be too rowdy to invite round for drinks?

They're not coming over for drinks.

Why?

[Sighs] They're the sort of people who come to your house and break things. I can't deal with that.

What would they break?

They would break my aura. My Zen. They're too noisy and caught up in their own lives to take a moment of peace.

Do you still enjoy filming?

I wouldn't do it if I didn't. I'm a real veteran and there aren't many of those left. I wouldn't have lasted more than one episode though if I'd opened up my life the way other cast members have. I was brought up by parents who are very traditional, very closed, so for me to talk about anything vaguely close to my heart is unthinkable.

How would your parents feel if you did want to go on a date on-screen?

Fortunately they don't watch it. They are also in the position of non-television ownership. They are such kind people they'd say, "Do what you want to do" – but they would die inside.

Are you single?

Yes! I have total freedom and until there's someone really worth giving so

much up for, then I'm far happier single. I have more fun than anyone I know because I'm free. I have no one telling me my sofas are the wrong shade of gold, that I'm wearing too much oatmeal. I just won't stand for it!

How long have you been single?

A while, out of choice I might add. You've got to be very special and not that many people are.

What's your ideal date?

Something that is spontaneous, feels natural and doesn't feel forced. That is the ideal date.

Do you have a type?

No, as long as you're fiercely intelligent.

What's a typical day like for you?

I have no routine. Routine really frightens me. I'm very spontaneous.

What do you like to do at the weekend?

I hate the weekend because everywhere is busy. I feel it breaks the peace.

Where do you do your grocery shopping?

Harrods has always been my corner shop. It's convenient – it shuts late.

Can you cook?

I love cooking, but I'm never at home. I'm out every night. It's terrible but wonderful. I'm at a dinner, if not two dinners, every night.

Do you always want to stay in London?

I don't spend that much time in London, as I'm always travelling. But my base will always be in London because it's the most lively and vibrant city in the world.

Do you have any summer holidays booked?

I never book anything more than a day in advance. If I book it now, it means I want to go now and I should go now – not, say, in June. And anything can happen in life – a better thing might come along at the last minute. But I'm sure I'll go sailing with friends in Greece, Turkey and Italy. And the South of France – I always end up there.

Do you get recognised on the streets?

In Knightsbridge no one cares. No one owns a television. But it's nice to meet people who don't think, "You're different, so therefore we can't communicate." If people stop me in the street and want a picture, it makes me very happy.

'Harrods has always been my corner shop – it's convenient'

Lauren's the most serious relationship I've had

As *Made In Chelsea* returns, we talk to Spencer Matthews and his castmates about being in love...

INTERVIEW **Olivia Adams**

Made In Chelsea is all about break-ups, broken hearts and explosive relationship dramas. So when we sit down to talk to some of the cast about what we can expect from series nine, we're a bit concerned – nearly all of them are in settled relationships. Even Spencer Matthews!

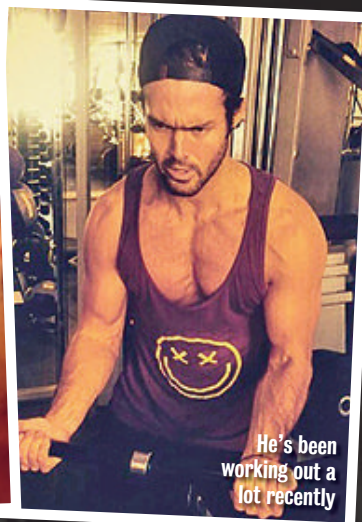
We thought it would never happen, but it seems Spencer has finally been tamed! *MIC*'s resident Lothario has been dating Lauren Hutton for five months and he's clearly smitten.

Super-relaxed and looking buffer and better than ever, Spenny, 26, admits being with Lauren has changed him and that he's really enjoying not having quite so much drama in his life. But will we enjoy it?!

Here, Spencer talks about being in love and "losing interest" in old castmates...



Spencer is loved-up with Lauren



He's been working out a lot recently

Hi Spencer. The girls weren't all that accepting of Lauren in the last series. Are things better now?

I give Steph and Lucy no thought at all. The way they both behaved was not particularly admirable. I lost interest in both of them. Lauren found those two ganging up on her very difficult. We've

have a veteran overview. I've taken a back step. I've not had a drink in 67 days. I'm playing loads of sport and focusing on other things.

Do you think you're becoming obsessed with exercise?

It's part of my life now and I think there are many worse things to be hooked on.

moved on from that drama.

Is Lauren The One? She could be, but I don't really think like that. I have a lot to achieve before properly settling down and starting a family. But we're in love and spend an enormous amount of time together. It's definitely the most serious relationship I've ever had.

Do you like having less drama in your life?

It's quite nice to



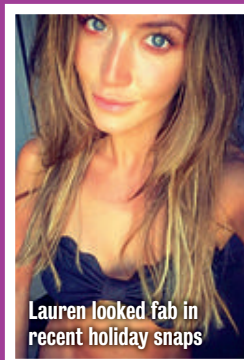
'Spencer's grown up'

Lauren Hutton should probably be given some kind of award for managing to end Spencer's womanising ways. While the likes of Lucy Watson, who called Lauren a "bitch" at the end of the last series, wouldn't agree, we reckon the pretty brunette deserves at least a statue on the King's Road!

We talk to Lauren, 28, who looked amazing in the couple's recent holiday snaps taken on a break in Morocco, about going the distance with Spencer and bonding with the other girls on *MIC*...

Does it annoy you that everyone's got an opinion of Spencer?

I feel sorry for him. People make mistakes. He's grown up now, he's changed and is a really good guy.



Lauren looked fab in recent holiday snaps

Are you friends with any of the girls on the show now?

They were quite opinionated about our relationship and it's been nice to prove them wrong. Spencer and I are really happy. I seemed to make enemies more than friends, but the new girls have been really refreshing.

You and Spencer are really into your fitness – do you ever have cheat days?

When we met he was a bit squishy around the edges. I had better abs than he did, so I kicked him into shape and now his body is incredible.

We have both adopted really healthy lifestyles, but we pig out sometimes.

Can you see yourselves going the distance?

We don't really plan anything, but we're in a good place and things just keep getting better.



'The photo could have been worse'

Louise Thompson and Alik Alfus talk about *that* embarrassing Instagram snap...

With Spencer so loved-up, it would be a bit of a kick in the teeth if his legendary ex-girlfriend Louise Thompson hadn't found happiness herself. But, thankfully, Louise and American hunk Alik Alfus, who she met when *MIC* filmed in New York last year, are stronger than ever.

Which is a good thing, after *that* candid Instagram photo was released, appearing to show the world Alik's manhood in all its glory. Oops!

We speak to the couple, both 25, about getting over the embarrassment and whether their relationship is the real deal...

This revealing snap was posted on Instagram in February



been in a lot of relationships since the age of 15 and lots of them... [Pause] none of them have worked out [laughs]. Now I'm taking my life at a realistic pace.

Will we see *MIC* abroad this summer?

L: Hopefully.

Would you avoid Marbella for fear of clashing with *TOWIE*?

L: Cross contamination! Probably, yeah. I'd rather go somewhere further afield and a bit more exotic than Spain, anyway...

How did you deal with *that* Instagram snap?

A: It could have been a lot worse. I had no control over it so I have to move on.

Has it strengthened your relationship?

L: Things like that would never interfere. We support each other through everything.

You're a London resident now, Alik, but do you ever miss home?

I do miss New York, my family and friends, but I've got Louise and I've got new friends over here, so I'm enjoying myself.

Are you living together?

Alik: No, I live with Proudlock and Stevie, which is great. It's nice to have an escape.

Do you think your relationship is the real deal?

Louise: I would like to think so. I wouldn't be with anybody unless I thought I had a serious future with them. I'm being very sensible. I've

'I'm not friends with Alex's girlfriend'

Josh Shepherd, 26, caused fireworks after choosing a relationship with Stephanie Pratt over his friendship with Stevie Johnson, who had dated her.

But the couple are now moving at a fast pace and even met each other's parents at Christmas. "We've moved in together!" 29-year-old Stephanie tells us. "We've decorated it and everything. It's our little love nest."

And when we ask how things are with Stevie, Josh tells us, "Absolutely fine. I see Stevie three times a week," while Stephanie adds, "He's such a nice guy. I'm glad he and Josh are still friends."



She suffered heartache at the hands of her ex-boyfriend Alex Mytton last summer, and now single girl Binky Felstead, 24, has got more woe to deal with as Alex is going to be bringing his new model girlfriend, Nicola Hughes, on the show! Poor Binky!

What advice do you give to the newbies joining the show?

Don't take yourself too seriously and don't let it go to your head. I think that's the main problem with the majority of the new people.



Are you single?

I am. I was seeing someone but now I'm dating and having fun.

What's Alex's girlfriend like?

She is very different to me. We're not friends.

What was it like meeting her?

I had my reservations. I'd never met an ex-boyfriend's girlfriend before and I didn't know how I was going to feel, but it turns out it was all right. There's always going to be a bit of awkwardness.

Made In Chelsea returns to E4 on Monday, April 13 at 9pm



HOT OR NOT?



HOT?

Niall Horan & Amy Willerton

We're not quite sure how these two crossed social circles, but 1D superstar Niall, 21, has been linked to model Amy, 22. According to sources, they began seeing each other at Christmas, just before Niall headed off on the band's world tour.

An insider revealed, "Niall and Amy have done well to keep their friendship under wraps. They stay in touch but won't see each other until Niall returns." However, his agent played down any romance, telling **new!**, "Niall and Amy are not dating."



NOT

Ella Eyre & Lewi Morgan

Singer Ella has split with Rixton's Lewi, blaming their tough schedules. Lewi is currently in the US while Ella, who turned 21 last week, is touring the UK with Olly Murs.

Last year, drummer Lewi and his bandmates got matching broken-heart tattoos to celebrate their first UK No.1 single, *Me And My Broken Heart*. Sadly, Lewi's inking probably means something entirely different now...



RED HOT

Davina McCall & Matthew Robertson

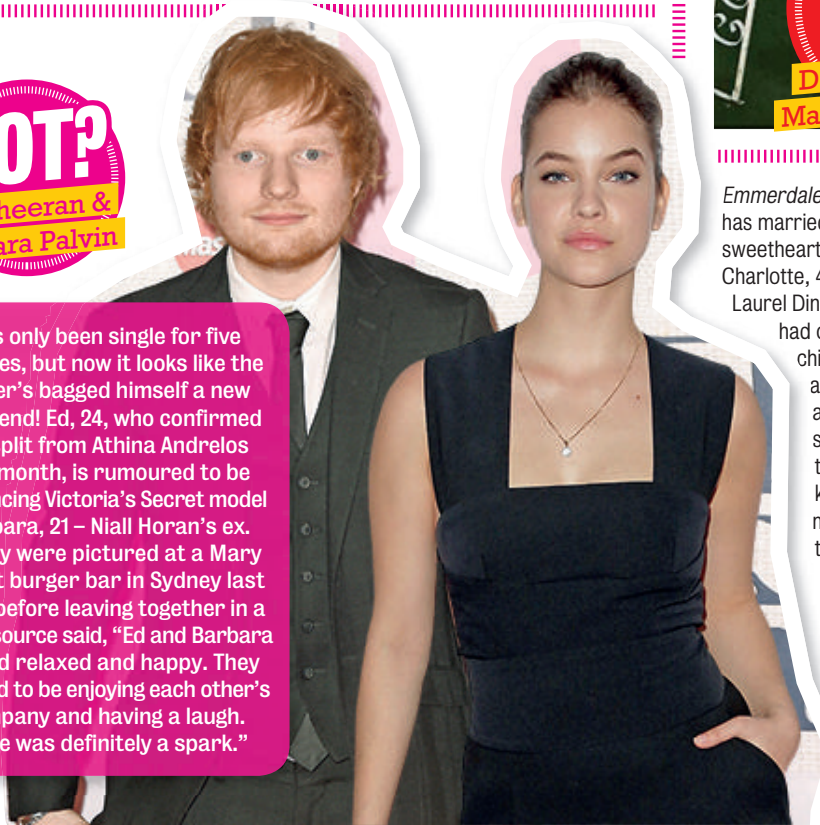
TV host Davina, 47, has renewed her vows with her hubby of 15 years, Matthew. Davina announced the couple's happy news on social media alongside snaps of them looking more loved-up than ever. "Just renewed our vows... In Vegas!!! With the kids... And our mates!!! Such a blast! #together forever," she wrote on March 29. She also revealed their three children wrote their vows, saying, "It was funny and more moving than I thought it would be."

HOT?

Ed Sheeran & Barbara Palvin

He's only been single for five minutes, but now it looks like the singer's bagged himself a new girlfriend! Ed, 24, who confirmed his split from Athina Andreos last month, is rumoured to be romancing Victoria's Secret model Barbara, 21 – Niall Horan's ex.

They were pictured at a Mary Street burger bar in Sydney last week before leaving together in a car. A source said, "Ed and Barbara looked relaxed and happy. They seemed to be enjoying each other's company and having a laugh. There was definitely a spark."



Emmerdale star Charlotte has married her university sweetheart in secret.

Charlotte, 42, who plays Laurel Dingle in the soap, had only their three children as guests at the private affair. A source said, "Even the kids didn't know until that morning. But that was exactly how Charlotte and Mungo wanted it. To them, it was the perfect day." Congrats!



RED HOT

Charlotte Bellamy & Mungo Denison



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CHANTELLE!

Our columnist tells us about her boot camp plans and why she's considering a nose job...

Money well spent

I read that former supermodel Janice Dickinson has been signed up by *Celebrity Big Brother* bosses for £300,000. Wow, that's a lot of money – no wonder she's on board! I think she'll be brilliant. She's very good at playing up to the cameras and she doesn't seem to care what she says. She's like an older version of Cami Li!

Janice was great on *I'm A Celeb* in 2007 and surprised everyone by becoming the runner-up to Christopher Biggins. Plus, Americans seem to be doing better in UK reality shows in recent years – if Gary Busey can win over the British public, then I'm sure Janice can!



SETTING THE TONE

I've lost weight recently and am back in my size 10 jeans, but I wouldn't say I was a perfect 10! I don't think I'm ever going to love my body, but what woman really does? Everyone has insecurities. The weight loss has spurred me on though and, ideally, I'd like to lose a bit more and tone up – especially my belly. But I'm really happy with my legs. I might go to a boot camp later this month because it would be nice to tone up for the summer. I don't want to end up just sitting on the sofa eating cake all day!



Who nose?

I've been talking about having my implants out for ages and now I've decided I'm going to have the operation soon.

It will literally feel like a weight's been lifted! I'm also considering having a nose job. I don't like the way it looks, but I'm not going to rush into anything. I'm going to have a consultation and take it from there.

VERY GOOD FRIDAY!

I haven't had a night out in ages, so I decided to go out in Brentwood on Good Friday with the girls.

Going out at Easter is always fun because everyone has an extra two days off work and is in a holiday mood. Brentwood is especially busy because people come from all over to do the "TOWIE tour" – they visit all the cast members' shops in the high street and then end up in Sugar Hut!

I was so excited about letting my hair down for once and having a few drinks that I had Botox in my forehead and my lip fillers topped up in anticipation!



GETTING A MOVE ON

I'm hoping to be in my new house by May, fingers crossed. I've moved ten times in the last nine years so I've become very well organised! I hate not knowing where everything is at first, so I always pack a suitcase with all the things I know I'll need in the first few days, including shampoo, conditioner, a towel, a hairdryer, my pyjamas and enough clothes to last me a few days.

Hopefully, I'll be able to settle down in this house. There are things I want to do when I move in, but it's liveable as it is. The first thing I'll do is paint the interiors all white – I want it to look clean and fresh – and have new carpets laid.



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KIM KARDASHIAN

We're used to seeing her without a hair out of place – but not even a Kardashian can fight Mother Nature!

GONE WITH THE WIND!

They say life's a breeze when you're rich and famous, and these stars prove it...



NICOLE SCHERZINGER

We've all been there, Nic – sticky lip gloss plus windy weather is a recipe for disaster!



VICTORIA BECKHAM

As usual we're blown away by Posh's style. She's just blown away full stop.

STEPHANIE PRATT

It's going to take more than a top-notch Chelsea blow dry to get Steph's locks back into shape after this!



KATE MOSS

The dishevelled look is nothing new for Kate. She's forever throwing caution to the wind with her wild antics.





MICHELLE KEEGAN

Not even her fresh manicure and customary shades can distract from windswept Michelle's Wright old hair mare.



FEARNE COTTON

Is pregnancy proving to be a hair-raising experience for the mum-to-be? Nope, that'll be the Great British weather.



LYDIA BRIGHT

The ever-stylish *TOWIE* star deals with that gust with gusto!



JENNIFER GARNER

We'd love to shoot the breeze with Hollywood actress Jen – just not to this extent.



REBECCA FERGUSON

It might be four years since her whirlwind romance with the 1D star but Bex's mane is still in-Zayn!



KATE GARRAWAY

Garraway? More like flyaway! The *Good Morning Britain* star falls victim to a rather brutal draught.



LIZ HURLEY

The star's scarf makes a bold move for freedom. Let's hope *The Royals* viewers don't follow suit...

It's time for a new chapter for Dermot

Olly Murs talks about his pal's decision to leave *The X Factor* and responds to rumours he's set to be the new host...



Dermot is leaving the show after eight years

You know you've finally hit the big time when you're immortalised in wax! So it's no surprise the lovely Olly Murs is in a brilliant mood when **new!** grabs him for a natter at the unveiling of his new waxwork at Madame Tussauds in a rainy Blackpool!

After posing for a selfie with the figure and joking about being jealous because it has better hair, the Essex lad gets down to the serious matter of talking to us. And there's lots to chat about. As **new!** went to press, Olly, 30, was reported to be in "advanced talks" to replace Dermot O'Leary as host of *The X Factor* alongside Caroline Flack.

And days after we spoke to him, Olly admitted he'd consider the job on one condition. "The only way I would think or talk about it would be if Caroline was doing it with me," he said. With Simon Cowell believed to be ready to ring the changes – Louis Walsh is rumoured to be getting the boot from the panel after 11 years – we wouldn't be surprised to see the pair taking the reins later this year.

Sitting not far from his waxwork, which is aptly positioned near to models of Cheryl Fernandez-Versini and Simon, we ask Olly about the new host rumours and his recent weight loss...

INTERVIEW Debbie Manley

Hi, Olly! You flew into in Blackpool by helicopter...

I'm on tour!

A helicopter and a waxwork – you've arrived!

I felt very shocked when they called. I'm obviously very proud and honoured to be in the hall of fame at Madame Tussauds. It's amazing, it really is. I suppose it's a testament to what I've done in my career. I feel really proud and chuffed. I've been smiling all day.

What about the *X Factor* rumours? Dermot left and you're taking over as presenter along with Caroline Flack – is it true?

It's just rumours. I'll let the papers speculate. I've presented the show before, *The Xtra Factor*, with Caroline. But I've got the tour to look forward to and I'm just focusing on that.

Would you do it if Simon picked up the phone?

Me and Caroline worked together years ago. It was great. There is always speculation every year that I'm doing *The X Factor*, whether as a judge or a presenter. I just ignore all the press. It's not really my thing. **Were you sad to see Dermot leave the show?**

Yes, of course. Dermot was there for me from day one. Dermot has been a personal friend, someone that I get on with really well. I've known him since 2009, when I did the show as a contestant. It's obviously a massive shame. But, like he said, he has done an incredible eight years and now it's time for a new chapter.



Olly with his waxwork

What do you like about working with Caroline?

Cazza's great, a top girl.

Your waxwork is complete, after four months. What do you think? I'm shocked. It's weird. I've got to say he has got good hair! It was an amazing process. I had two fittings. **It's quite an intrusive process isn't it, measuring your head and everything?**

They go everywhere. It wasn't very flattering knowing what my waist size and my chest size was. But I did lose a bit of weight recently, which when I saw the guys recently to tweak it, they were like, "Oh!"

How much have you lost?

I haven't lost much, about 8 or 9lbs. I've just been losing it gradually from my stomach and body. I've been doing a lot of gym work for the tour, getting myself fit for that. I've been having a good time. I've been on juice diets, eating well... portion control.

Are you taking your juicer on tour?

No, no, no. I just did it for five days, just to detox and to get myself in shape. I feel great at the minute. I feel good. It's nice.

What's it like being in Blackpool in the pouring rain?

The weather's always like this in Blackpool. The last time I came here was with Robbie Williams, so I was on the Pleasure Beach. It was a lot of fun. It's a pleasure to be here. I'm delighted to have my waxwork in Madame Tussauds.

For more information, visit Madametussauds.com/blackpool

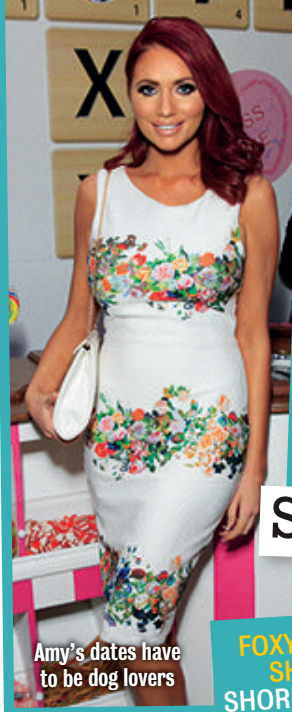


Will he be presenting *The X Factor* with Caroline?



Guest list girls

new!'s Zara, Olivia and Karmel bring you all the gossip



Amy's dates have to be dog lovers



Simon: 'I'm seeing a top model!'

FOXY LOVE SHOP SHOREDITCH, LONDON

GLG was invited to the Foxy Love Shop, hosted by Foxy Bingo and Foxy Casino, to speed-date some of our fave celebs. Get in!

Our online columnist Amy Childs, 24, told us, "It takes me all day to get ready for a date. I have a face mask, spray tan and a glass of champagne while getting my nails done." She added, "My date's got to be good-looking and he's got to love my dog." Picky!

Casey Batchelor, 30, was moaning about her man woes when we had our date with her. "I'm destined to be on my own. I can't seem to meet anybody. If I don't meet someone by the time I'm 35 I'm going to have to start freezing my eggs," she admitted.

We also spent time with Blue star Simon Webbe, 37, who sadly crushed our hopes of dating him by admitting he's no longer single. "I'm seeing someone. We've been friends for years. We're good together." And although he wouldn't reveal her name, he gushed, "She's a top model – and absolutely stunning!"

Ever the gent, Simon is also on a mission to help his *Strictly* dance partner Kristina Rihanoff find a boyfriend. "I make sure no one is breaking her heart," he said. "I would love her to find a man." Aww.



Casey can't find a man

Danielle: 'One Direction will do well whatever they do!'

Celebs turned up in force last week to celebrate the National Film Awards but it was former *X Factor* judge Tulisa who turned heads on the red carpet. She looked gorgeous in her pink Victoria Beckham dress.

We chatted all things One Direction with Liam Payne's ex, Danielle Peazer, 26, to find out her thoughts on Zayn Malik quitting the band.

"I wish them the best and I'm sure they're going to do amazing whatever they do," said the brunette. On whether she had reached out to Liam, she added, "I can't comment on how I talk to Liam or whether we've got a friendship, but I wish him well."

We also bumped into Keith Chegwin, 58, who told us he'd been invited to stay at fellow *Celebrity Big Brother* star Katie Price's house "any time I like".

And the TV legend admitted he'd had a change of heart over Perez since watching the show back. "I sent him a long email and said I'm sorry for slagging him off because he didn't say a bad word against me. He replied saying he respected me for my honesty." We do love a happy ending!

NATIONAL FILM AWARDS PORCHESTER HALL, LONDON



All eyes were on Tulisa

Danielle and Keith were at the awards do



Luisa: 'I've not been to the gym in three weeks'

She's due to wed her millionaire fiancé Andrew Collins later this year and by the sounds of things Luisa Zissman is going to be in great shape for her big day.

The former *Apprentice* star, 27 – who looked stunning in a floor-length gown – revealed to GLG the secrets behind her amazing body.

"I've been doing a lot of Pilates recently

CARE AFTER COMBAT BALL THE DORCHESTER, LONDON

and I ride every day for about two hours. I've got three horses," she said. "I never ache, so I'm obviously not doing too much. I don't

think I do too much exercise. I literally haven't been to the gym for three weeks."

And it seems her passion for horse riding means she can eat whatever she likes.

Luisa – who has a five-year-old daughter, Dixie, from a previous relationship – added, "I've been really enjoying eating a lot. I've been on a carb-only diet pretty much."

We're not jealous at all, Luisa!



Luisa looked in great shape at the ball



GOT ANY GOSSIP? TWEET US!

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£1 each
920ml



£1 each
920ml

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£1.50



500ml

£2
each



100g



33g

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Selected stores. Available while stocks last. Offer available from 9am on Tuesday 7th April 2015. Offer ends 19th April 2015. Volvic: Touch of Fruit Sugar Free Lemon & Lime/Sparkling Lemon & Lime/Sparkling Strawberry & Raspberry 920ml (10.9p per 100ml), Ryvita Cracked Black Pepper Crispbread 250g (38.4p per 100g), Quaker Oats So Simple Multi Grain Honey Porridge 53g (£1.85 per 100g), Amy's Kitchen Chunky Tomato Soup 400g (25p per 100g), Pop Chips Barbeque Potato Chips 85g (£1.18 per 100g), Vita Coco Coconut Water 500ml (30p per 100ml), Pukka Three Mint 33g (£6.06 per 100g). Online minimum spend will apply and delivery charges may apply. Mobile network charges may apply.

new!



STYLE

This week's hottest fashion and beauty buys

Snap it up!



BROGUES

ZARA £69.99

Put a spring in your step with these super shiny metallic platforms, perfect for brightening up even the greyest of days. Style with cropped jeans and a simple tee and let your shoes do the talking.

11
more pages
inside

Wedding

TOPSHOP



Dress £135

Dress £350

Dress £65



Dress Untold at House of Fraser £130



Earrings Freedom £8.50



Jacket Monsoon £129



Hair clip Love Rocks at asos £45

Traditional church wedding



Top Little White Lies £85



Skirt Little White Lies £90



Jacket River Island £65



Shoes French Connection £85



Dress Monsoon £69



Dress Little White Lies £120



Bag Benetton £45



Shoes Dune £75



Skirt River Island £65

guest SOS

Whether it's a traditional ceremony or nuptials on the beach, we take the stress out of dressing for your pal's big day...



Jacket Lipstick Boutique
£55



Dress Topshop
£70



Dress £60

Dress £75

Dress £65



Bralet asos
£22



Trousers asos
£35



Bag Ted Baker
£129



Dress Paper Dolls
£45



Watch Johnny Loves Rosie
£30



Bag M&S £29.50



Shoes asos
£40



Skirt Debenhams
£35



Trousers M&Co
£26



Dress asos
£60



Shoes Ted Baker
£120



Bangle Ottoman Hands
£47

Country wedding

Beach wedding



Earrings Miss Selfridge £6



Sunglasses Vow London £65



Bag River Island £50



Top New Look £22.99



Dress Topshop £48



Dress Mango £119.99



Necklace £10

Top £28

Kimono £55

Trousers £35

RIVER ISLAND



Jacket Mango £79.99



Sandals Schuh £45



Necklace Butterfly £135



Belt Black & Brown £25



Jacket Marks & Spencer £59



Bag Benetton £55



Shoes Zara £49.99

City
wedding

Top £38

Skirt £55

OASIS

Dress
Warehouse
£58

Bag Pull&Bear
£22.99

Trousers
Vila at
Lipsy £25

Top River
Island £30

Jacket H&M
£49.99

Trousers H&M
£49.99

Skirt Topshop
£65

Shoes
Boden
£69

Jacket Mango
£69.99

Bag Skinnydip
£40

Necklace Zara
£19.99

Dress Monsoon
£119

Dress Black &
Brown £25

Shoes asos
£45

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new! LIKES YOUR *style!*

We take a look at who's wearing it well this week



Sam Faiers ♥

OUT AND ABOUT LONDON, MARCH 31

The former *TOWIE* star, 24, looks girly and summery in this sleeveless dress from her own collection at Very, topped off with a white jacket and nude heels.



Get the
look

Shoes
£119

House of CB

Katie Holmes ♥



WOMAN IN GOLD PREMIERE NEW YORK, MARCH 30

Katie, 36, gives us a glimpse of her washboard stomach in this hot pink Zac Posen dress at the premiere of her new movie. It's nice to see the actress trying an edgier look.

Millie Mackintosh ♥



ALEXANDER MCQUEEN: SAVAGE BEAUTY EXHIBITION LONDON, MARCH 30

Millie, 25, looks gorgeous in this plunging Reformation dress as she attends a private view of McQueen's work at the Victoria & Albert Museum. She gives the designer a nod by accessorising with one of his clutches.

new!  STYLE

ORIENTAL BLOOMS

Transport yourself to the Far East with these Asian-inspired pieces



Shoes
New Look
£29.99



Shorts
Littlewoods
£29



Bag
M&Co
£35



Scarf
Accessorize
£25

Necklace
Dorothy Perkins
£14.50

One trouser 4 WAYS

Here's how to wear spring trousers for every occasion...

OFFICE



DATE NIGHT



SHOPPING



BRUNCH



Trousers
River Island
£42

Love it? Get it!

Add some
celebrity
style to your
wardrobe

JACKET & CLUTCH

LAUREN POPE



TOWIE star turned fashion designer Lauren shows us how to wear two of her own creations – a fluffy leopard clutch, **£23**, and a cobalt jacket, **£49.99**, part of her range with **In The Style**.



DRESS

LILAH PARSONS

The presenter looks stunning in this gorgeous printed frock, **£52** from **Closet**.



T-SHIRT

LUCY WATSON

The *MIC* star makes Coca-Cola look cool in this tee, **£19.99** from **Truffle Shuffle**, paired perfectly with a faux-leather midi, **£25** from **Missguided**.



HOT LIST



Acting fashion editor Sarah Loving's top 5 style buys of the week



2

This flowing dress, **£19.99**, and tasselled bag, **£25.99**, both by Stradivarius, have got us dreaming of summer. Head over to Zara's sister brand for more pieces like this, all at affordable prices!

1



Have your very own Carrie Bradshaw moment with these stunning bow shoes from Miss KG at Topshop, **£90**.



3

Daisy and Eve at Evans **£8**



4

Shirt dresses are cool – fact. And jungle printed ones are even cooler! You can grab this one for **£45** from Warehouse.



5

Marks & Spencer has nailed the shape of the season with this wrap top, **£75**. And the nautical-inspired rope belt is the icing on the cake!

Great expectations!

Beautiful baby bits fit for a prince (or princess!)

The Great British
Teddy Bear Company
Guardsman **£29.95**

Weleda
Baby Derma
White Mallow
Nappy Change
Cream **£8.95**

Kiehl's Nurturing
Baby Cream **£16**

Very
British
Baby Baby
Shampoo **£2.97**

Kent Baby
Hairbrush **£8**

Burt's Bees
Baby Bee
Dusting Powder
£6.99

Very British
Baby Head To
Toe Wash **£2.97**

Johnson's
Baby Oil **£4.25**

Kiehl's Baby
Lip Balm **£8.50**



NARS All Day Luminous Weightless Foundation £32
"In the summer, I want something lightweight and a bit more translucent, while in the winter I go for something heavier, mixed with a primer like Clarins Instant Light Radiance Boosting Complexion Base [£26.50]. It gives you a glow and smoothes skin."



Rodial Instaglam Deluxe Contouring Powder £52
"Even if I'm wearing light make-up I like to do a bit of contouring. This powder is amazing because it's a taupe-grey tone. It's hard to find contouring powders without any red in them."



Nivea Creme £3.39
"My all-time favourite is Nivea in the blue round pot. My family have used it for generations and they all look really young! I find old-school moisturisers are really good – the high-street ones."



B. Longer Shimmer Block in Bronze £8.99
"I use this on my cheeks to add radiance to the skin. I also use the five shades on my eyes. When I travel, I can't take too much stuff in my bag, so it's a great multi-purpose buy."

What's in your beauty bag?

CASSIE LOMAS

The make-up artist, who's worked with celebs like Lady Gaga and Michelle Keegan, reveals her top products



Lanvin Eclat D'Arpege £40
"This is my fave perfume. It's very sweet and I wore it for my wedding so it always reminds me of that. I also like all the Tom Ford fragrances [from £52]."



Kérastase Shampoo, from £14.90
"These are the best. It's an amazing range for all hair types."



Kiehl's Creme de Corps Whipped Body Butter £36
"My absolute favourite body cream. I love the grapefruit one – it smells amazing. As I fly a lot, my skin gets really dry but this keeps you hydrated all day."

B. Longer Lengthening & Defining Mascara £9.99
"I'm a big fan of high-street mascaras. At the moment it's more about lengthening – light definition mascara is ideal for spring. This sounds bad but when I've slept in on a long overnight flight, you wake up and it's exactly the same as when you applied it. It doesn't flake or fall!"



EVERY WEEK!

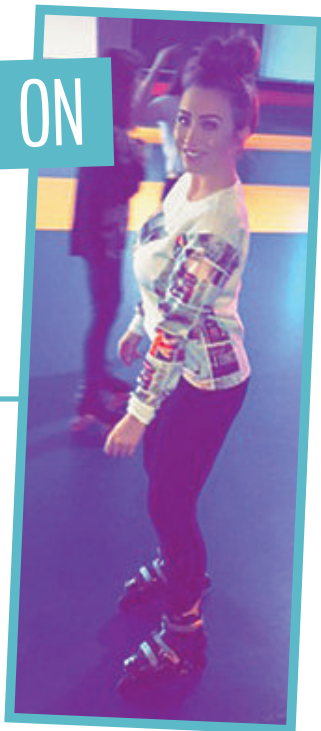
Lauren

Email me at lauren.goodger@express.co.uk

The Essex girl tells us about her bikini body motivation and her dream man...

GET YOUR SKATES ON

I went rollerblading with my pal in Essex last week. I was so nervous because I hadn't been skating since I was a teen. I hope no one got any photos of me in action! I used to skate a lot when I was a girl so it was fun reliving my youth and it was nice to do something different than just going out for lunch.



PAW-SOME PICS!

There was a really funny story last week about a cat owner who put together a book of cat selfies after his pet took a photo of itself on his tablet. Apparently, felines all over the world are following in the footsteps of the likes of me and Kim Kardashian. My dog Mimi was always a little poser, but she learned from the best!



REAL-LIFE FAIRY TALES

I went to the cinema to see the new *Cinderella* film and I thought it was amazing. I reposted a quote about fairy tales not just existing in books and movies and after watching the film I totally believe that's true. There was a really strong message at the end about someone loving and accepting the "bare" you. I cried my eyes out!

However much I've held on to relationships and gone back to my exes in the past, they've obviously not been the ones for me. The message in the film made me realise there is someone out there and I'll find him when the time is right. I'm glad I haven't rushed into any new relationships.



MY GIRLS' NIGHT OUT

I had such a good night out with my mate Chloe Lewis at the Boux Avenue party. It was the first time I'd seen her in over a year and it was great catching up. We were close growing up because she used to date Mark's brother Josh, but over time we drifted apart. Now we're back in touch I'm hoping to catch up with her again soon.

I hadn't been out for a couple of weeks so I made sure I enjoyed a few glasses of champagne at the party. Living like a hermit can become really annoying, so it was nice to have that release. It was also great getting my hair and make-up done and feeling like me again. I got an amazing Boux bikini in the goody bag in a smaller size as motivation - I can't wait to wear it this summer!



My Mr Perfect

Apparently, the most scientifically appealing male face looks like the Aussie actor Liam Hemsworth's. He's cute, but not my type at all. I like dark-haired, blue-eyed, tanned men with a bit of meat on them. I also like them to be rough and rugged and they have to be taller than me. Where is this guy? The likes of James Franco and Channing Tatum are definitely my type.

Lauren's week in numbers

Beauty treatments 4

Training sessions 4

Nights out 7

I'd never have fillers!

TOWIE's Jess Wright hits back at rumours she's had work done on her face and talks about her brief romance with Dan Edgar...

Jess Wright has come a long way since her *TOWIE* debut in 2010. After setting up a shop and launching several clothing lines, she's now become the face of high-street giant Ann Summers' swimwear collection.

But as we talk, at London's exclusive Century Club, it's clear Jess' hectic schedule is catching up with her – she has to pause to take some painkillers for a headache. Fortunately, the latest series of *TOWIE* has just come to an end so Jess, 29, should be able to get a bit of rest and relaxation.

But before that, we need to quiz her on her short-lived relationship with Dan Edgar, 24 – last week we saw the pair decide to “take a step back” – and to ask what she made of her future sister-in-law Michelle Keegan's first acting job since *Corrie*...

So Jess, what went on with Dan?

He's a lovely guy and we've been on a few dates, but I want to be single. It's refreshing, though, because he's so laid-back. He's not hot-headed. But I think he's a bit young for me!

Did you get butterflies when you kissed?

I did actually. He's a good kisser!

Were you exclusive?

No. He'd also just come out of a long relationship, so I don't think it'd be healthy for him to jump into something.

Do you know his ex?

No, but I know they're definitely over.

Mark met Dan at the live show.

Did they get on?

Yeah! You can't not get on with Dan – or Mark. They're likeable people.

INTERVIEW Zara Zubeidi

What do you make of Ricky saying Dan looks like him?

In other words, he's got a beard and dark hair! He doesn't look anything like him!

What about personality-wise?

They're polar opposites!

Katie Price and Kieran Hayler were out with Danielle Armstrong and James Lock recently. How do they know each other?

Danielle knew her from years ago and Katie got in touch.

Can you imagine her starring on *TOWIE*?

No! I don't think she would.

Do you know Katie well?

Only through the public eye and bumping into each other. She's lovely, really nice.

Did you watch Michelle Keegan in *Ordinary Lies*?

I absolutely loved it!

It must be weird seeing her take up another role...

Yeah. I never really watched *Corrie* until Mark and Michelle got together. But I think *Ordinary Lies* is addictive and I've been excited about it for ages because she was telling me about it. She's a good actress.

How was their recent trip to Dubai?

They're both so tanned. I'm jealous!

We saw a hilarious video of Mark and her in a boat...

[Laughs] He's such a wind-up!

You've just launched a range of swimwear for Ann Summers. What would you put Michelle in?

God, all of them. She's amazing. Maybe the white Orchid monokini because of her skin tone.

How does she get away with eating crisps and chocolate?

I think it's all in moderation. She goes to the gym.

Do you still work out together?

Sometimes. We'll bump into each other in the gym, or arrange to go.



Jess doesn't think Dan (above) looks like her other ex, Ricky



‘Dan's a lovely guy but I want to be single’

Apparently she and Mark had an awkward run-in with Lauren Goodger at the gym recently...

I don't know anything about it, sorry. Do you think things will ever be OK between you all?

There are no hard feelings. **Back to bikinis – are you beach-body confident?**

Yes and no. It depends on diet and stuff. But I've been working hard at the gym and I'm happy with my weight. I'm just above 9st.

People often say you've had work done to your face...

It annoys me because I haven't. Don't get me wrong, I'm sure at one point Botox will be on the

cards because we're all getting older. But I'd never ever have fillers in my face or lips. I'm lucky because I have all right lips anyway.

Have you ever regretted your boob job?

Yeah, massively. I went for a boob reduction consultation a while ago but they said they're lovely boobs and I shouldn't change them. It's quite a big procedure. I just felt they were too big

in everything, but where I've lost weight they've gone down a bit. They're very natural to look at and to feel so they're not too fake.



Jess with her future sister-in-law, Michelle

The full Jess Wright for Ann Summers collection is available in stores and online now



She shared a kiss with Dan last month

Sally Lindsay

MY DIET SECRETS

The actress, 41, is a fan of sushi and says ageing doesn't faze her...

HEIGHT: 5FT 7IN
SIZE: 14

How do you stay in shape?

I've just started with a personal trainer and go to the gym a lot. I've always wanted to get a trainer because everyone says how great they are. I really like to stay fit for my boys [four-year-old twins Victor and Louie].

How many times a week do you go to the gym?

If I'm off work I go most mornings, but only for 40 minutes.

Do you find it harder to keep fit now than when you were younger?

Oh yeah, everything is harder. In your twenties, if you put a bit of weight on you could lose it in a few days but now you have to keep on top of it.

Being on TV, do you feel under pressure to look a certain way?

Clearly not [laughs]. I've never been that person. I'm a character actress so it's not really my bag. I know a lot of actresses are worried, but I'm not one of them, fortunately.

Where do you stand on cosmetic surgery?

I'm all for it. It's a shame when people feel they need to, but if it makes you happier then why not? I do find it weird though when you can't tell how old someone is. I quite like getting older.

What was the canteen grub like when you were filming *Ordinary Lies*?

We had a really good chef so we had lots of choices. Some canteen food can be rubbish and full of salt and sugar, but luckily ours wasn't.

Ordinary Lies is on Tuesdays at 9pm on BBC1



WORDS: Karmel Doughty PHOTOS: Capital Pictures, Getty Images

My food diary

BREAKFAST

"I'm really boring. I just have All-Bran with a banana on it. I also have a cup of tea, no sugar."

NUTRITION CONSULTANT

IAN MARBER SAYS, "All-Bran is rich in fibre and B vitamins so it's not a bad choice at all. Sally could add a tablespoon of flaked almonds for protein though."



301
kcal

LUNCH

"Today I had a chicken salad. But some days I'll have soup or whatever is offered at work."

IAN SAYS, "Poultry is a good source of zinc, which is great for the immune system. Sally could drizzle a little olive oil over her salad for heart-healthy fats."



330
kcal

SNACKS

"I don't tend to snack. I'll have a banana to boost my sugar levels, but that's about it."

IAN SAYS, "Fruit is a good snack, but Sally should go for plums instead as they contain more fibre, which helps energy last a little longer."



110
kcal

DINNER

"My husband [musician Steve White] took me out to a sushi restaurant called Sticks'n'Sushi. It's brilliant. My husband is much more adventurous whereas I'll stick to dishes like California rolls."

IAN SAYS, "Japanese food can be really healthy and Sally might try some seaweed salad next time as it's rich in iodine, which is great for energy. And she could have a bowl of miso soup for its probiotics."



466
kcal

SALLY'S TOTAL:

Fat 37g | Carbs 147g | Protein 63g | Kcal 1,207

IAN'S TOTAL:

Fat 65g | Carbs 150g | Protein 67g | Kcal 1,477

Follow Ian Marber on Twitter @IanMarber

'I was the ugly duckling... look at me now!'

Fiona Ferguson hated being compared to her pretty, popular sister. After ballooning to nearly 16st, she finally decided it was time to take control...

Growing up in the shadow of her stunning older sister, Fiona Ferguson struggled to develop a positive body image. She felt chubby next to Kayleigh, who was tall, slim and blonde. By the time she was 20, she was bursting out of her nurse's uniform.

Fiona knew something had to change, so she signed up to Scottish Slimmers and changed her eating habits for good. Having lost a staggering 6st, Fiona, 24, from Aberdeen, tells **new!** she no longer feels like the ugly duckling in her family...

As my sister strode into the assembly hall, I could feel everyone's heads turning. She was wearing school uniform – a white shirt, black skirt and tie – yet Kayleigh looked stunning. At 14, she was two years older than me – tall, slim and blonde. In stark contrast, I was short and round with brown hair and wore a baggy jumper to hide my bulk. We'd joined a new school after moving house and everyone noticed her.

"Wow, is that your sister?" my friends asked.

"She's so pretty!" they'd gush. They didn't say it, but I knew they were thinking, "She looks so different to you."

My sister and I had been close growing up, but the comparison made me feel jealous and an inevitable distance grew between us.

My weight became a problem when I was seven. My parents and brothers Jordan, now 21, Nathan, 18, and Andrew, 14, were all naturally slim, as was Kayleigh, now 25. I felt like the fat, ugly duckling.

Cheese was my biggest vice and I'd snack on it constantly. When I started to put on weight, my mum, Sheila, 56, took me to the doctor to check my thyroid, but it was normal. However, aged nine and weighing over 7st, I was diagnosed with high cholesterol and a paediatrician put me on a low-fat, calorie-controlled diet, which helped a bit.

Mum cooked healthy meals with lots of vegetables and restricted me from fatty foods. I wasn't allowed cheese or milk and I couldn't have the same treats as my siblings. I hated being told

I couldn't do something, so I started sneaking chocolate biscuits up to my room to eat in secret. It became a comfort, but also meant I wasn't losing any weight.

My teenage years were difficult. I was 5ft 5in and a dress size 14-16. Kayleigh was 5ft 7in and a size 10. I hated going clothes shopping with her and Mum. Nothing fitted me and I hated looking at myself the mirror.

When Kayleigh went to Edinburgh University things were better as I wasn't comparing myself to her all

the time. I'd sometimes visit her but out on the town, Kayleigh got a lot of attention. I always felt invisible and I'd get the train home feeling more depressed than ever.

I wanted a boyfriend like my friends, but my self-confidence was at rock bottom. "Who'd find me attractive?" I wondered.

At 18 I went to Dundee University to study nursing. Feeling desperate, I bought weight-loss patches online, then I tried weight-loss pills and a high-protein diet. Nothing worked. The problem was that I'd learned to deal with my emotions by eating. That's how I coped with being overweight – and being compared to Kayleigh.

SECRET EATING

Whenever I felt I wasn't as pretty as others, I'd buy food, hide away and eat it. I'd watch TV and tuck into cakes.



Fiona was jealous of her sister Kayleigh when they were growing up



Fiona, here with her oldest brother Jordan, hit 16st at her heaviest



Fiona's delighted now she's a slim size 10



From L-R: Kayleigh, Fiona, Jordan, Nathan and Andrew

'THE CHAIR COLLAPSED UNDER MY WEIGHT... I WAS MORTIFIED'

I desperately wanted to fit in with my new university friends, going out drinking and eating takeaways. But where they seemed to be able to get away with the unhealthy lifestyle without gaining weight, I piled on even more.

My friends told me I looked great, but when I went home my family were more honest. Nathan was really into wrestling and his diet was so healthy.

"Should you be eating that?" he would ask when he saw me snacking on crisps. Deep down I knew it was because he was worried about me, but it made me want to rebel and eat even more. I dated a few guys at university, but mostly I was convinced boys wouldn't even look at me.

In September 2012 I went on holiday with friends to Montenegro. We had dinner in a restaurant and

as I sat down, I heard a crack. Suddenly, the chair collapsed under my weight and I ended up in a humiliated heap. I tried to laugh it off, but I was mortified.

By the time I graduated in November 2012, I was wearing a dress size 20. Looking at photos, I could barely believe how big I was. I started work at Royal Aberdeen Children's Hospital, living in nursing accommodation, but I was breathless and permanently tired. I was bigger than ever.

When I got my nurse's uniform my heart sank. It was a large, yet I was bulging out of it. I was so embarrassed – I couldn't hide my weight any more.

Staring at my reflection in the mirror, I realised I had two choices. I could either let myself get fatter and fatter or do something before it

was too late. Then I saw a poster for Scottish Slimmers in my hallway.

"I've got nothing to lose," I thought, so I joined. In May 2013 I nervously went along to my first meeting and had my weigh-in. Then the consultant handed me a piece of paper. It read, "15st 13.5lbs."

Back home I cried. I was horrified, but at the same time I felt buoyed by all the other people there. "If they can do it, I can too," I told myself, vowing to follow the plan to the letter. Normally I'd skip breakfast, then snack on chocolate or cakes. For lunch I'd eat bread and cheese and have pizza or chicken pie for dinner. I'd snack all day too.

On Scottish Slimmers' eating plan, I began my day with porridge, then had chicken and couscous for lunch and an equally healthy dinner. I'd have a treat in the evenings, such as a Curly Wurly.

At the end of the first week, I was thrilled to find I'd lost 8lbs! And after a month, my uniform felt loose and friends started telling me how well I looked. I also started running 5k twice a week.

HEALTHY APPROACH

When I visited my family three months later – and 2st 7lbs lighter – they were amazed. "It's like you've shrunk!" said Nathan.

When I started noticing guys checking me out, it was such a nice feeling. With every pound I lost my confidence increased. Kayleigh was living in America at the time and I didn't tell her about my new, healthy approach to life. When she

came home for Christmas in 2013, I'd lost more than 5st.

"You've lost like a million pounds!" she screamed. We hugged and I knew our relationship would be different from then on.

I was touched at how proud she was. We went shopping and for the first time were wearing similar-sized clothes. When we bumped into one of my friends, I introduced Kayleigh to her. "You look really similar," she said. It was music to my ears.

"Keep going, you look amazing," Kayleigh told me as she left to fly back to America. She told me recently that when our gran, Hilda, 83, emails her she refers to me as "skinny Fiona". I love it!

I've now lost 6st and I'm a dress size 10. Where once my large uniform was tight on me, it soon became baggy, so there was a lot of celebration when I was given a new one. "I've never been a small in my life!" I laughed.

After years of comfort eating and painful comparisons to my sister, I'm at last free to be myself. I feel so happy I've done it at a young age so I can enjoy the rest of my life.

In September last year I met my boyfriend Martin, 28, a support worker. When I eventually told him about my weight loss he was so proud. Now I'm even training for a 600km cycle through India in August. My weight isn't going to hold me back any more!

JEMIMAH WRIGHT

For more information, visit Scottishslimmers.com



VAMPIRE FACELIFT

The vampire facelift or facial – scientific name, platelet rich plasma (PRP) therapy – involves extracting your own blood, spinning it in a centrifuge to separate the fluid (plasma) from the red and white blood cells, then injecting that fluid back into your face.

“The plasma contains and releases growth factors that stimulate new blood vessel formation,” says Dr Dennis Wolf, who performs the treatment. “It’s rejuvenating and because it’s your blood, there’s no risk of rejection or allergic reaction. In some cases you have some bruising and there’s a very rare risk of infection, but it kick-starts a healing cascade on your face.” But if you’ve ever seen pictures of the process – or indeed, watched Kim Kardashian having it done on *KUWTK* – you’ll know it looks gruesome. It’s also pricey, at around £350 a session.

CELEB FANS: Angelina Jolie, Bar Refaeli, Kim Kardashian

VAGINA-STEAMING

Anyone who follows Goop.com, Gwyneth Paltrow’s lifestyle blog, will know she comes up with some, er, interesting health suggestions. But her vagina steam-clean takes the biscuit. Gwynnie describes the mugwort V-steam (we’re not making this up!) as a “combination of infrared and mugwort steam” which cleanses your uterus, claiming it gives you extra energy, rebalances your female hormones and gives you a squeaky-clean feeling. But experts point out mugwort is just an aromatic herb used mostly in food, while infrared light will heat up your vagina, causing bacteria to proliferate.

Health and beauty expert Mark Curry tells **new!**, “The problem is steam doesn’t differentiate between good and bad bacteria in and around the vagina. Good bacteria help keep the pH balance at an even, healthy level, and produce bacteriocins [naturally occurring antibiotics] to reduce or kill harmful bacteria. Without enough good bacteria, infections such as bacterial vaginosis (BV) or thrush can occur. Using a pH-balanced cleanser every day is enough to keep the vagina clean and healthy without the need for steaming!” Phew!

CELEB FAN: Gwyneth Paltrow



WEIRD CELEBRITY HEALTH TRENDS EXPOSED!

Snail facials, insect protein bars – we reveal how the ickiest of health trends went mainstream...

Most celebrities look annoyingly good, so if there are shortcuts to getting their flawless features, why wouldn’t we be tempted to try them too? That’s the attitude that’s seen the weirdest and in some cases, most unpleasant-sounding health fads turn from something we laugh at on the internet into mainstream, widely-accepted trends. With the likes of Kourtney Kardashian praising the perks of placenta pills and reports that One Direction hunk Harry Styles is a fan of sheep placenta facials, truly wacky health and beauty treatments are on the rise.

But do these headline-grabbing fads actually work? And are they safe? We spoke to some of the industry’s leading experts to find out whether they’re wonderful – or just plain weird...

PLACENTA PILLS

Yep, placenta. As in the afterbirth when you have a baby. Reality star and new mum to baby Reign, Kourtney Kardashian, recently posted a picture of her “yummy” pills on Instagram, writing, “No joke, I will be sad when my placenta pills run out. They are life changing!” The first UK company to allow mums to turn their placentas into pills is the Independent Placenta Encapsulation Network, run by Lynnea Shrief, who claims placenta pills give new mums “energy during the day,” help them produce breast milk and make women “less likely to be suffering from sleep deprivation or baby blues.”

Nutritionist Lyndsey Heffernan tells **new!**, “You lose blood when you give birth and the placenta is full of iron – I’m a big fan of this idea! Studies show placenta pills also encourage bonding between mothers and newborns, but more research is needed and a lot of these nutrients can also be found in a healthy diet.” Well, that research is ongoing as the Food Standards Agency (FSA) announced last year that they’ve started an investigation into the practice.

CELEB FANS: Kourtney Kardashian, January Jones



SNAIL SLIME CREAM

Ever stepped on a snail? Then you'll know how icky the mess can be. Now imagine smearing that mess across your face. Snail Gel – a snail-slime face cream that's seen sales increase by 189 per cent – costs £19.99 for a 50ml pot and contains mucus secreted by snails. It's said to regenerate skin with proteins, antioxidants and hyaluronic acid. It removes dead cells, reduces inflammation and helps keep skin moist. And if that's not gross enough, there's a facial version, where *live* snails, specially farmed for the purpose, slither up and down your face at a beauty salon in Northamptonshire. But while there's nothing particularly dangerous about the treatment, Dr Adam Friedmann, consultant at the Harley Street Dermatology Clinic, isn't a big fan, saying, "There are a lot of naturally occurring lubricants which can moisturise the skin. I don't know that snails do this more than anything else."

CELEB FAN: Katie Holmes



INSECTS

Angelina Jolie has confessed to munching crickets in the past and now online company Crowbarprotein.com will soon be offering energy bars made with insects, claiming they're full of essential nutrients and low in saturated fats and sugars. "Our insects taste good and are farmed sustainably, making them the perfect ingredient for our products," they claim.

Meanwhile Chapul.com offers a range of chocolate bars made with ground-up crickets, insisting their bars have 15 per cent more iron than spinach and twice as much protein as beef. "Humans have evolved eating insects and even today, 80 per cent of countries around the world have them on the menu in some form," they say.

Weirdly, the health world seems to agree. A report by the United Nations Food and Agricultural Organisation say insects are a nutritional superstar, while Lyndsey Heffernan tells **new!**, "As long as you're buying from a reputable source and not picking a bug off the pavement, there's nothing wrong with eating insects – many contain a vast amount of nutrients. It's just whether you can handle the idea." Since insects are one of the most sustainable protein sources on the planet (they produce 80 times less ozone-destroying methane than cattle and need six times less feed) we're saying yes to jungle grub!

CELEB FANS: Angelina Jolie, Salma Hayek



DRINKING CLAY

The "clay cleanse" sees detox devotees, like *Insurgent* star Shailene Woodley, mixing powdered clay with juice and drinking it several times a day to curb hunger pangs. Once inside our tumbs, it swells to 12 times its original volume and is thought to "suck away" internal toxins. Fans claim to lose up to 10lbs in ten days. Sounds great, but clay can be highly toxic and the FSA watchdog has already issued a warning, suggesting some products can contain high levels of arsenic and lead, which can trigger kidney failure, nerve damage, cancer and brain damage. Gulp!

Lyndsey tells **new!**, "This so-called 'cleanse' is worrying. You're missing out on vital nutrients and consuming all kinds of unknown chemicals. I definitely wouldn't recommend it."

CELEB FAN: Shailene Woodley



'I TRIED THE VAMPIRE FACELIFT!'

Hannah Doc, 29, a physiotherapist from London, tells **new!** how Kim Kardashian inspired her to try an extreme facial...



"The first time I heard of the vampire facial was when Kim Kardashian had it done on *Keeping Up With The Kardashians*. It looked amazing – if a little scary – and I was intrigued to see what it was like. I did some research and eventually went to see Dr Esho at Le Beau Ideal a year ago.

I was initially nervous and didn't tell anyone I was having it done, but the doctor explained the procedure, that's priced from £350, was totally painless. I had a local anaesthetic cream applied to my face and it quickly felt numb, but when I saw how much blood there was, I have to admit I was a little scared! The whole process took about 30–40 minutes and afterwards my face was slightly red for a couple of days. But by day three it was back to normal, only better! My skin was so soft and smooth – I had to tell my friends what I'd done because they kept asking why I looked so fresh-faced. I've had it done again since and I plan to keep going. It might look a bit scary, but I think it's worth it."

For more info visit Lebeauideal.co.uk

new! Food *Celebrity bites*

NADIA FORDE

The Irish model and *I'm A Celeb* star, 25, tells **new!** about her twist on the classic dippy egg...

What's your signature dish?

Probably a Sunday roast. I get asked to cook it for a lot of people. It hits all the taste buds!

What's the weirdest thing you've ever eaten?

Definitely a cockroach and a grasshopper. When I got out of the jungle last year I went on an Irish TV show and they made me eat live insects.

They said, "We're not letting you get away with that one!" as I hadn't done it in the jungle.

Do you have a favourite restaurant?

I love 37 Dawson Street in Dublin. My brother works there. They have an amazing steak dish with sweet potato and spinach on the side. They do a really good cheesecake for pudding, too.

What food brings back a good memory?
Egg in a cup,

which I have most mornings for breakfast. It's a dippy egg but you mash it up with salt and pepper and a tiny bit of butter. My granny used to make it for me.

Who would be your dream dinner date?

Alan Carr. I think he'd be hilarious!



Nadia Forde is supporting Match.com's Love Your Imperfections initiative. Visit Match.com to start searching



Bread is back!

Thanks to the current obsession with low-carb diets, many of us think bread equals bad. The key is to opt for the right variety - go for wholegrain over white every time. So to celebrate National Bread Week (16-22 April) we'll be enjoying M&S's delicious new range of seed-stuffed loaves and rolls. Varieties include Sunflower & Pumpkin loaf, Soya & Linseed loaf and Champion Seeds & Grains rolls (all £1.50).



RECIPE OF THE WEEK MAKES ABOUT 6 GENEROUS SERVINGS

Spinach & Roquefort bread pudding

Leafy greens are a perfect addition to this moist and tender bread pudding...

INGREDIENTS

300g bread, cubed, with or without crusts
280g frozen spinach, thawed or fresh (see tip)
½ white onion, chopped
30g butter
120ml double cream (optional)
170g Roquefort or other blue-veined cheese, crumbled
720ml whole milk
3 medium eggs
½ tsp fine sea salt or table salt
Freshly ground black pepper
Pinch of freshly grated nutmeg

EQUIPMENT

One 20-23cm gratin dish or other baking dish, well buttered

METHOD

- Set a rack in the middle level of the oven and preheat to 180 °C/gas mark 4.
- Scatter the bread cubes on a swiss roll tin and bake for about 15 minutes to dry them.
- Meanwhile, wring the water out of the thawed spinach a handful at a time.
- Cook the onion in the butter over a low heat in a medium sauté pan until it's soft and translucent. Stir in the spinach and cook until the spinach is no longer watery, for about 5 minutes, stirring occasionally. Stir in the double cream if you're feeling indulgent and

TIP: To use fresh spinach, rinse 450g of baby spinach and put it in a large saucepan over a high heat. Cover the pan and steam until it's wilted and cooked through - about 5 minutes. Drain and cool, then squeeze out the water and chop.



cool slightly. Add the Roquefort.

- Whisk the milk with the eggs, salt, pepper and nutmeg.
- Put the warm bread cubes in a large mixing bowl and fold in half the milk mixture, followed by the spinach mixture. Transfer to the prepared baking dish and pour over the rest of the milk mixture. Let the pudding rest for 10-15 minutes before baking.
- Bake the pudding until it is set and the top has browned nicely - around 45-55 minutes.
- Cool on a rack for 5 minutes, then serve hot from the baking dish.

new! REVIEW

SHAKA ZULU

Actress Chelsea Healey loves letting her hair down at Shaka Zulu, London's largest South African restaurant - and it's easy to see why. With exotic decor, low lighting and pumping music it's the perfect venue for the party girl!

We booked a table at the cavernous restaurant in Camden to see why it's a fave with stars like Nicole Scherzinger and Emeli Sandé - and to sample its unusual game menu that includes crocodile steak and ostrich fillet. But such celeb-friendly surroundings come with a high price tag - a meal for two, with wine, will set you back around £100 (although they do have special offers). But for a special occasion, it's worth a splurge!



To order *Bread* by Nick Malgieri (£16.99, Kyle Books) call the Express Bookshop on 01872 562310. Alternatively, send a cheque or postal order to Bread Offer, Express Bookshop, PO Box 200, Falmouth, Cornwall, TR11 4WJ or Visit Expressbookshop.com. UK delivery is free.

Kyle and I won't get married

Holly Hagan tells **new!** about her relationship with *Geordie Shore* castmate Kyle Christie and talks body confidence...

INTERVIEW Karmel Doughty

The last time we were in the same room – well, bus – as Holly Hagan, she didn't seem her normal, bubbly self. So when we catch up with her just 24 hours before she's due to jet off to Italy with co-star Gaz Beadle for a personal appearance, we're slightly worried about what sort of mood she'll be in.

Thankfully, though, she's in high spirits, giggling and laughing away. The 22 year old recently shocked us by admitting she isn't happy with her body and wants to lose another stone, which would take her down to a tiny 8st 7lbs. But when we quiz her about it, she tells us she was just having a bad day. Phew.

And her confidence isn't the only thing that's improved. Her relationship with Kyle Christie, also 22, is on the up, although she admits marriage and children aren't on the cards.

Here, Holly reveals how she rebuilt her self-esteem and why she thinks her co-star Marnie Simpson and boyfriend, *TOWIE* star Ricky Rayment, are the perfect match...

You've admitted filming series ten was really tough. Did you ever feel like quitting?

I did. But as much as it's difficult at the time, I'd never leave because of it.

Are you and Kyle back on track now?

We're really good. We're probably going to be spending the next couple of years together but we're probably not going to get married and have



Holly and Kyle are back on track



Holly's happy with her body

babies – we're only 22. Right now, we really care about each other.

You look amazing but you said you're not body confident...

At the time of saying that I was a little bit angry because I did a photo shoot just after eating dinner. I've decided to take a step back and look at how far I've come. I should be happy with what I've got.

So you don't want to lose another stone?

I'm trying to relax at the minute. Putting pressure on myself will just make it even more difficult, so I'm not going to stress over it.

Did you think about speaking to a counsellor?

I read *The Little Book Of Clarity* during a flight to Cape Verde and it changed my life. It gets you to appreciate what's happening now.

Has your low self-esteem about your body put a strain on your relationship with Kyle?

It did but I'm a lot more confident now.

Did it affect your sex life?

Never!

How often do you work out each week?

I try and do three days but I'm lazy [laughs].

How often do you weigh yourself?

Once a week. It's a good way for me to stay on track.

Kyle told you he loved you on Valentine's Day. What happened?

He was so angry I told people [laughs]. He bought me a watch and on the top was a note that read, "I love you." It meant more to me than the watch.

What do you think of Marnie's boyfriend Ricky?

We're best friends! When I was going through the bad patch with Kyle he helped me so much. They came to my hotel and he brought me chicken, chips and chocolate as I was so down.

They're amazing together.

In what way?

They respect each other, they're on the same level.

They have the potential to hurt each other, like they've hurt their exes in the past, so they have that mutual respect not to do it to each other.

What do you think of them saying they could get engaged this year?

I don't think they will.

Geordie Shore, Tues, 10pm, MTV



Holly is best friends with Ricky and Marnie

HOLLY'S GEORDIE VERDICT

What has been your favourite *Geordie Shore* moment so far?

Forming Boyfriend Club in series nine with Charlotte, Gaz, Marnie, Aaron and Kyle.

And your worst?

This series! There's one scene where I'm chasing Kyle barefoot down the street crying my eyes out. I look like a pathetic bitch [laughs].



Which former housemate do you miss the most?

It's got to be Vicky.

Who's the hardest person to live with?

Scott. He hogs the washing machine.

What's the most you've drunk on a night out?

It doesn't take me a lot, so probably



four vodka and Diet Cokes and a shot of tequila.

If you were single, who would you snog, marry and avoid out of Aaron, Scott and Gaz?

Oh, God! I don't want to play this game. I'd have to avoid them all like the plague and then shoot myself if I was forced to choose [laughs].

'My steroid-abusing boyfriend did *this*'

Nicola Currie thought her buff boyfriend Scott was the perfect gent, but he had a hidden dark side...

When beauty therapist Nicola Currie met Scott Ross, 23,

in a club, she was impressed with his fit physique and felt flattered when he asked her out. Under his ripped exterior he seemed like a kind and attentive type of guy, but as time went on, Nicola started to worry about Scott's obsession with the gym.

Soon he started becoming snappy and one day, out of the blue, he violently beat her in a steroid-induced rage.

Here, Nicola, 27, from Bellshill, Lanarkshire, tells **new!** how she's moving on from the attack, bravely speaking out to educate others on the dangers of steroid abuse...

As my boyfriend Scott flexed his biceps in front of the mirror, I stifled a giggle. He was such a poser but, with his bulging muscles, at least he had the goods to back it up. He went to the gym six times a week, so he deserved to show off.

"You're looking buff," I said as he flashed me a cheeky grin. It was hard to believe this ripped gym addict was the same man who loved to cuddle up to me on the sofa.

I'd met Scott, a joiner, a few months earlier in a club on New Year's Eve 2012. At first, he was a bit cocky but I melted when I saw his softer side. On our first date, he treated me to a posh meal and soon started buying me jewellery and flowers. He was also fine with the fact I had a daughter, Erin*, then four, from a previous relationship.

We saw each other as much as we could, but I soon learned I'd have to share Scott with the other love of his life – his dumbbells.

"I can't miss a workout or it'll mess up my training schedule," he'd tell me. I could hardly complain when I saw his muscles and I loved snuggling up to that buff body.

But one morning in bed, I noticed Scott's back was unusually spotty. Suddenly, a disturbing thought flashed through my mind.

"Could Scott be using steroids?" I asked myself. I'd heard some bodybuilders used them and that acne was a telltale side-effect. When I later saw a suspicious-looking solution in Scott's fridge and, worse, a used syringe on his kitchen worktop, I freaked out.

"Have you been taking steroids?" I demanded.

"Of course not," he replied.

"What's this then?" I asked, holding up the solution.

"It's a hormone supplement," he mumbled.

"It's perfectly legal."

But over the next few days, Scott's moods changed. One evening, he threw my hair straighteners across the room in a rage.

"Why are you taking so long to get ready?" he snapped. I was stunned, unable to understand why my caring partner suddenly had such a short fuse.



Nicola shortly after the brutal attack in 2013



Nicola with Scott on the night of the attack

MY FAULT

Not wanting us to drift apart, I made a suggestion. "Shall I come to the gym too?" I said. I expected him to smile, but his reply made my mouth fall open.

"I didn't want to say anything, but you really do need to do some exercise," he said. "I'm probably just comparing you with girls at the gym. Your body doesn't look as good because you've had a baby."

Scott was always telling me how beautiful I was, so I was hurt he was suddenly being so blunt. Even so, I somehow convinced myself that our problems were my fault.

But soon after that, Scott's mood swings became more frequent. One minute, he'd cosy up to me on the sofa, the next he'd be in a strop over something silly. I tried to bury my doubts but weeks later, I found more solution in his fridge.

"Tell me the truth," I demanded. "Are you using steroids?"

"Stop snooping!" he bit back.

An hour later, he was his usual, chatty self again. I told myself the steroids were none of my business.

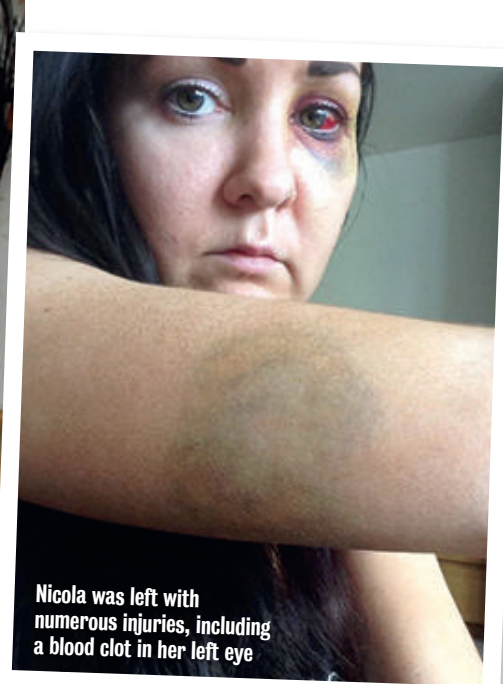
The following month, June 2013, we were invited to Scott's cousin's wedding. I put on a beautiful cream dress and Scott told me I looked gorgeous.

"You make a lovely couple," his aunt said.

"It'll be your turn next!"



Today the mother of one has a new partner and is looking to the future



Nicola was left with numerous injuries, including a blood clot in her left eye

As we danced the night away, I was on a high. I felt like we were back on track. Soon, the lights came up and we flagged down a taxi, but then Scott suggested we go to a party.

"Let's just go home," I smiled. "It'll be nice to have some time alone."

Suddenly, Scott's expression changed. "Why are you being like this?" he demanded.

"Being like what?" I replied, stunned. But he didn't explain and for the rest of the journey, he sat in a sulk. Still, nothing could have prepared me for what happened when we got back to his house. Without saying a word, Scott turned on me and began punching me.

"Scott!" I gasped. "Stop!" But my pleas fell on deaf ears. He pinned me to the floor and began biting me as I whimpered in agony.

CRAZED LOOK

Eventually, I somehow managed to break free. I ran to the bathroom and locked myself in, but Scott broke the door down. At 5ft 2ins, I was no match for a bodybuilder.

"Scott, please!" I sobbed, but there was a crazed look in his eyes. Combined with alcohol, his steroids had turned him into a monster.

"I'm going to die," I thought, counting my blessings that Erin was at her dad's and not here to witness the attack.

Pain tore through me as Scott slammed my head against the bath. Blood was pouring down my face, but I summoned all my strength and ran downstairs. Outside I phoned a taxi. The driver took one look at my face and said, "I'm phoning the police."

In my dazed state, I begged him not to, and instead went back to Scott's. He showed no emotion when I appeared at his front door.

"Why are you back?" he said. "Look at the state of you. I'm off to bed. Leave by the back door so the neighbours don't see your face."

I called a friend who collected me and took me



Nicola found solution and a syringe in Scott's kitchen

to hospital. Scott had beaten me so badly he caused a blood clot in my left eye, a fractured eye socket, burst blood vessels in my eyes and face, and extensive bruising and swelling.

I knew I couldn't brush this under the carpet. My relationship with Scott was over, but I had to stop him from doing this to another girl.

I told the police and Scott was arrested. Erin burst into tears when she saw my face, so I told her I'd fallen down the stairs.

I was so traumatised I could barely leave the house for three weeks. Meanwhile, Scott was posing on Facebook with different girls.

Appearing at Hamilton Sheriff Court, Scott initially denied assault then changed his plea to guilty at the last minute. In October 2014 he was sentenced to 150 hours' unpaid work, avoiding jail. When a police officer called to tell me, I was so devastated I hung up. It seemed like the system was protecting him instead of me.

Now, I'm trying to look to the future. I have a new partner and haven't spoken to Scott since the attack, but I've heard he has a new girlfriend. If it's true, I'm scared for her. I'll live with the physical and mental scars of the attack for the rest of my life, but he's shown no remorse.

I don't know if steroids make all users violent, but mixed with alcohol, it seems they can be deadly. Scott was the person I expected to protect me – but steroids turned him into a monster.

GERALDINE MCKELVIE

STERIOD ABUSE: A GROWING PROBLEM

Anabolic steroids are manufactured drugs that mimic the effects of the male hormone testosterone. They can increase muscle mass and decrease fat, as well as causing many undesirable side-effects.

The drug charity CRI says it saw more than a six-fold increase in steroid use between 2010 and 2013 and experts have suggested needle exchange centres be set up to protect those injecting steroids.

"Steroids are used for their performance-enhancing effects, but side-effects can include reduced sperm count, infertility, shrunken testicles, breast development and aggressiveness in men, and the development of facial hair, a deepened voice and hair loss in women," says Ashton Turner of EnhancenutritionIdn.com. "Prolonged abuse can lead to high blood pressure and heart attacks, so is the reward worth the risk?"

Dark blooms

Deck out your home with gorgeous pieces from Very.co.uk



WHEN IT COMES TO LEADING A STYLISH LIFE, you can make your home as stylish as you are with the huge range of home wares available from Very.co.uk. The online department store has everything the stylish home needs, from fabulous furniture to the final finishing touches. Whether you're splashing out on a new sofa, or just need some small touches to instantly update a room, Very.co.uk has it covered.

We're huge fans of the Dark Blooms trend. Colours are key to the look – think deep lush burgundies and plush purples that will contrast with neutral walls. Texture is important too, so look for rich fabrics like silk and velvet.



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'The Health Lottery saved my life!'

Former teacher Jacquie Cox reveals how a gardening scheme saved her from despair...

After the painful break-up of her 10-year relationship, Jacquie Cox, 52, from London, spiralled into a deep depression. Searching for a purpose in life, she heard about her local Green Gym – a voluntary scheme aiming to get people fit while also developing green spaces. Jacquie soon discovered that the initiative – which is funded by the Health Lottery – was the perfect prescription for her mental health...



Health Lottery owner Richard Desmond (second left) visits a Green Gym in Tottenham Hale

Standing with my back to the class, I lifted my pen to the whiteboard and my mind froze. Not only did I not know what to write, I couldn't remember who, or where, I was. In a trance, I turned to face my pupils and made an excuse to leave. Although I managed to compose myself outside the classroom, that night I knew I'd had a wake-up call to get help for my depression.

It all started six months earlier, after I left an unhealthy 10-year relationship. I didn't realise how much the break-up or the emotionally abusive relationship had affected me. I ploughed through each day on autopilot, but I was barely sleeping and struggled to find the motivation to do anything outside work.

I went to the doctor who immediately signed me off work with stress, but I wanted everything to feel normal, so I returned to teaching two weeks later.

I coped for the next few years, but in December 2007 I lost my best friend to a long-term illness. I was devastated. We'd been so close and suddenly the future without him felt bleaker than ever. I stopped seeing friends and family and I'd go home after work and bawl my eyes out.

The next couple of years passed in a blur. I lived under a constant black

cloud, but I knew something needed to change. I'd become very unhappy at work, yet I couldn't see a way out.

Eventually I had some counselling and it helped me see I needed to take control if I was to come out the other side. Months later, in May 2011, I resigned from my job as a teacher. Suddenly, a weight was lifted off my shoulders. Luckily, I had some savings and my parents said they'd support me financially as I tried to get my life back on track.

Having grown up in the countryside, I loved the idea of working outdoors. But living in London made that difficult. Then a neighbour suggested I join our local Green Gym, which is run by The Conservation Volunteers.

At first I dismissed the idea, assuming it meant swinging around on bars to get in shape. Then she explained it was a network of voluntary projects in London and

across the UK aiming to get people physically fit by working outside and developing green spaces.

Curious, I went to have a look and saw a small army of volunteers making a deadwood hedge round the corner from my flat. One of the team members invited me to join and since then, I've never looked back.

I started going twice a week, helping develop an orchard in a North London housing estate and working in nature reserves. Each session starts with a warm-up to get your body moving. Then tasks are allocated by the group leader.

For the first time in years, I loved waking up and felt eager to get outside to work. And by being more active, I felt physically healthier as well as mentally uplifted. I made friends in the group and loved being surrounded by people of all ages and walks of life.

After four months, I asked if I could train to become an officer who runs one of the groups. I wasn't mentally ready to take on a full-time role, but three or four days a week felt manageable. It was a voluntary job, but in return I got free training in horticulture and environmental development.

A year later, I got my first paid contract running a project for a Green Gym in Watford. It was scary moving into a new field and being in a position of responsibility again, but my confidence had grown and my teaching skills were useful for leading a group. Now I work as a full-time paid Green Gym Project Officer and Community Project Officer and I love it.

Despite being a voluntary initiative, we need funding for each project – from the plants and equipment to full-time staff like me. That money comes from the Health Lottery which funds the People's Health Trust that in turn runs Green Gyms. Without their support and the people who buy the lottery tickets, we wouldn't have been able to run the 40 projects we've set up across the UK. And it helps change ordinary lives too. I certainly don't know where I'd be without it.

JO ADNITT

Jacquie now works as a Project Officer



20p of every £1 played on The Health Lottery goes directly to local health-related good causes, such as Green Gyms, across Great Britain. For more info and to find out how to play, visit Healthlottery.co.uk



Robbie Amell and Mae Whitman star in *The Duff*

Whitman (left) plays quirky high schooler Bianca

Film of the week



What's it all about?

Quirky high schooler Bianca (Whitman) is furious when she discovers she's been labelled a DUFF: aka Designated Ugly Fat Friend. Do people really hang out with her just to get to her pretty, popular friends? Let the makeover commence...

What's good?

A good-natured teen comedy with likeable stars,

this has plenty of amusing moments. If you're a fan of *Clueless*, *Mean Girls* and *Easy A*, it's well worth a look – as is handsome star Robbie Amell, who plays the jock next door who might just be more sophisticated than he appears.

What's bad?

It's a bit rough around the edges. There are a few unfunny "comic" interludes.

new! VERDICT: An enjoyable American teen movie with characters to root for.



The Duff

CERTIFICATE: 12A **DIRECTOR:** Ari Sandel
STARRING: Mae Whitman, Bella Thorne, Robbie Amell

Helen Mirren and Ryan Reynolds fight for justice



WOMAN IN GOLD

CERTIFICATE: 12A **DIRECTOR:** Simon Curtis
STARRING: Helen Mirren, Ryan Reynolds, Max Irons, Katie Holmes

What's it all about?

A lawyer (Reynolds) helps an Austrian Jewish woman (Mirren) recover a family painting by famous artist Gustav Klimt, which was stolen by the Nazis in WWII.

What's good?

The film is based on a thought-provoking true story and flashbacks to the war are moving and brilliantly done. And if you're a fan of Klimt's lavish, decorative art, then

you're sure to enjoy the film from a historical perspective.

What's bad?

The dialogue feels clunky and Helen Mirren's accent is self-conscious. Also, she doesn't share any chemistry with the usually impressive Ryan Reynolds.

new! VERDICT: Great story, so-so film. ★★

OUR PICK OF RECENT RELEASES



1. Cinderella (U)

Downton Abbey's Lily James stars as Cinders in this glittery, fabulously girlie live-action version of the fairy tale. Cate Blanchett shines as her mean stepmum. ★★★★★



2. Still Alice (12A)

It's easy to see why Julianne Moore won the Best Actress Oscar for her portrayal of Alice, a professor with early onset Alzheimer's. Moving. ★★★★★



3. While We're Young (15)

Hip comedy about a childless couple – played by a brilliant Ben Stiller and Naomi Watts – who start hanging out with a trendy younger pair. ★★★★★



4. The Divergent Series: Insurgent (12A)

Exciting sci-fi sequel starring Shailene Woodley as Tris, on the run from Erudite, led by Kate Winslet's Jeanine. ★★★★★



5. The Water Diviner (15)

Russell Crowe's directorial debut is an often moving period drama about a father searching for his three sons, all missing after the Battle of Gallipoli. ★★★★★

WORDS: Anna Smith, David Bell

ALSO OUT THIS WEEK... Cobain: Montage Of Heck (15)

The legendary late Nirvana star Kurt Cobain gets the official documentary treatment, featuring the singer's own home movies and interviews with family and friends.



DVD OF THE WEEK Electricity (15)

Model Agyness Deyn proves she's a talented actress, playing a woman who suffers from epilepsy on the hunt for her long-lost brother. Atmospheric. ★★★★★

I don't want Amanda to leave BGT!

Alesha Dixon talks to **new!** about conquering the US, the return of *Britain's Got Talent* and Amanda Holden's plan to quit the show...

It's going to be an exciting few months for Alesha Dixon. This weekend, she returns to our screens alongside Simon Cowell, Amanda Holden and David Walliams as a judge on the fabulous *Britain's Got Talent* – and we can't wait!

But that's not all. Later in the year, Alesha's going to be stepping out from behind the judges' desk and returning to her first love – being a pop star – when she releases a new single. The former Mis-Teeq singer's also going to be taking to the *BGT* stage herself to perform her song. Exciting!

Looking slim, toned and happy, the friendly 36 year old, who lives with her partner Azuka Ononye and their 18-month-old daughter Azura, chats to **new!** ahead of a trip to America, where she hopes to launch a career...

Britain's Got Talent is back! How is this year's series different to the others? Can we expect any surprises?

There are lots of different acts. I don't think you can call it on who will win. When *Attraction* came on, we all knew they were going to win. It was a similar feeling with Ashley and Pudsey. This year, it's more wide open.

Who is the cattiest judge?

Oh, Simon is the cattiest. He likes to wind people up. He's good at it

INTERVIEW Christine Smith

too! But I love it. I used to find it annoying, but now I find it really funny as I completely get his sense of humour.

Was it hard whittling down the acts to 45 for the semi-finals?

It was very hard. I do think a few people have slipped through the net that shouldn't have, but it happens every year. We all have different tastes and we have to go by the majority rule. If there are three against one, you're outvoted – although there was one act David, Amanda and I just didn't want to go through and Simon did. He got his way!

Who do you think has the winning golden buzzer act?

Mine should win if the British public is up for another dance act to win. I think I've got the best golden buzzer. But I know everyone will say theirs is the best!

Apparently Amanda wants to leave BGT. Who would you like to replace her?

Oh gosh, I don't want her to leave! I don't want anyone to replace Amanda, as I hope she stays. It wouldn't be the same without her.

You said you'd "100 per cent" consider a move to the US. How would that impact your family life?

I would move, but not on a permanent basis. I'm happy to travel to and from America. I'm ambitious and I'd love to work there.

Would you take your family?

Definitely. I know I've got a window of opportunity before Azura starts school. I'd like to give it a go. It's a great lifestyle and it's really important for me to do new things.

Would you go on America's Got Talent? And how would you feel sitting with Mel B on the judging panel?

I'm open-minded at this point. They have a lot of great programmes out there. I love American TV. We'll have to wait and see.

How is Azura?

She's really great, thanks for asking! She's talking, saying "mummy" and she sings along to



music. It's so sweet. I love watching her take in the smallest detail.

Is she growing up fast?

She is, but I never get bored of being with her. I absolutely love being a mum and I love being around her.

What have you learned about yourself since becoming a mum?

To not be grumpy. I'm human and I have my bad days but I don't want the energy I exude to be picked up by her. If I find myself having a bad mood, I quickly pick myself up.

Would you like more children?

I'm not ruling anything out!

Rebecca Ferguson recently hit out at weight critics and said there's too much pressure on singers to lose baby weight. Did you feel under pressure after you had Azura?

I've never felt any pressure to lose weight. I'd had a baby and was happy I carried some baby weight. I had no issue with it whatsoever.

You look great now.

Have you upped your gym routine?

No, I think it's just down to adrenaline! I train once a week and I'm good at making sure I look after myself. It's all about feeling good about yourself.

Are you dieting?

No. I eat healthily and I do juice – but that's because it's a great way of having plenty of good vitamins. It gives you an energy boost if you're feeling tired.

Alesha loves being a mum to Azura



'Azura sings along to music. It's so sweet. I love being around her'



The star admits her fellow judges – David, Simon and Amanda – don't always agree on the *BGT* acts

When are you releasing your new single?

June. It's called *The Way We Are* and it's all about how you shouldn't dumb yourself down. It's a summer song with a good message. It's sentimental but it's also upbeat and fun. I've worked with lots of different people and I've enjoyed it a lot.

Have you asked Simon if you can perform it on *BGT*?

Yes, he's asked me to perform on this year's *BGT* and he's been so helpful. I've talked to him about my music. It will be so surreal stepping onto the stage to perform on the live show. But music is my first love and it's why I also got into judging.

Are you excited about your return to pop?

It feels great. I wouldn't want to sit here with any regrets. To not do something out of fear is ludicrous and you have to go for it. I'm happy with my song and I hope others will like it too.

***Britain's Got Talent* returns to ITV on Saturday, April 11**



On a double date with her boyfriend Azuka, close pal Amanda and her hubby Chris

NEW CHANNEL!

Variety box!



SPIKE LAUNCH WEDS, APRIL 15, SPIKE, 7.15PM

A new channel from the Channel 5 stable appears this week. The mix of shows is eclectic, with blockbusting US dramas, British Mixed Martial Arts and the viral sensation *Lip Sync Battle* all vying for your attention.

The idea for *Lip Sync Battle*, which goes out at 9.30pm on launch night, was thought up by the US *Office* star John Krasinski and its co-creator Stephen Merchant. Apparently, Lionel Richie's *All Night Long* came on the radio during a car

journey and the rest is history!

Here are some of the other shows you can expect to see on Spike...



BREAKING BAD WEEKNIGHTS FROM APRIL 15, 11PM

If you're one of the handful of people who wasn't addicted to the show about a mild-mannered chemistry teacher who sets up his own crystal meth lab after being diagnosed with terminal cancer, you soon will be.

POLICE INTERCEPTORS: UNLEASHED WEDS, APRIL 15, 8PM

Vinnie Jones voices this fly-on-the-wall documentary series that follows vehicle interceptor teams. The show is "unleashed", so it doesn't pull any punches!



THE WALKING DEAD DATE TBA

The fifth and latest series of the post-apocalyptic zombie drama starring Andrew Lincoln will be broadcast free-to-air for the first time on British TV. In the opening episode, Rick and co find themselves in a vulnerable situation... again!



GAME OF THRONES MON, APRIL 13, SKY ATLANTIC, 9PM

The wait for series five of the brutal and bloody fantasy drama is finally over. We don't want to spoil it for you, but suffice to say Daenerys is on the warpath! Following each episode, Sue Perkins and Jamie East present *Thronecast Live*, which features cast-members from past and present and celebrity fans for a debrief in front of a studio audience...



MYTHICAL!



ADRENALINE!

NINJA WARRIOR UK SAT, APRIL 11, ITV, 7PM

Think *Gladiators* meets *Total Wipeout* on steroids and you've got *Ninja Warrior UK*'s number! Ben Shephard, Rochelle Humes and Chris Kamara welcome 250 contestants to the toughest obstacle course ever seen on British telly. Is it wrong that we'll be waiting for them to crash into the water below?!

NEWZOIDS WEDS, APRIL 15, ITV, 9PM

Back in the 1980s and early 1990s, a satirical puppet show called *Spitting Image* struck fear into the hearts of the royal family and politicians alike. Now *Newzoids* ensures no one in the public eye is safe!

To give you an idea of what to expect, "Professor Brian Cox" finds a new planet in the solar system – Kim Kardashian's backside!



PUPPETS!

THE DELIVERY MAN WEDS, APRIL 15, ITV, 9.30PM

Fresh from his stint in the deadly serious drama *Fortitude*, Darren Boyd goes back to his comedy roots. He plays Matthew Bunting, a thirty-something cop who gives it all up to become a junior midwife. It's written by the same team who wrote *Green Wing* and also stars Fay Ripley and Paddy McGuinness.

GIGGLES!



A CUPPA WITH... AIDAN TURNER

new! chats to the actor who's currently setting the screen alight as hunky Ross Poldark...

You and Eleanor Tomlinson, who plays Demelza, have a lot of on-screen chemistry...

I don't think you can create that chemistry – you either have it or you don't. It was just right from the very beginning, and even off screen that energy was still there.

How did you prepare for the role?

I was going to the gym a lot as I had a few topless scenes. They didn't actually wear underwear at the time so it made it quite difficult to shoot some of the stuff we did!

What was your highlight?

It has to be Seamus the horse. You can't do bad acting on a horse! Luckily, I did a lot of riding in New Zealand while filming *The Hobbit*.

Did you do all your own riding stunts?

They wouldn't let me gallop along the cliff top but I did as much as possible. There were great moments when Eleanor and I ride

together on Seamus. There's something romantic about it. We'd whisper stuff and crack each other up.

Were you familiar with the original 1970s series?

I'd never heard of *Poldark* but when I told my parents I was going to play Ross they nearly had a fit! The series was popular in Ireland, I guess because people could relate to it – the farming, the scenery, the horses...

How would you describe Ross?

He's strong and doesn't wallow in self-pity or despair. He admires hard-working people and treats people with respect if they earn it, no matter what their position in life. He's an original class warrior!

Poldark, Sun, April 12, BBC1, 9pm



bring in Spring



I haven't stopped crying on TOWIE

Georgia Kousoulou talks about her emotional two weeks on screen and trusting her boyfriend Tommy Mallet...

There's never a dull moment in Essex! And that's definitely been the case for Georgia Kousoulou and her boyfriend of seven months

Tommy Mallet during the latest series of *TOWIE*.

The couple were rocked by rumours Tommy had cheated on Georgia, 23, during a night out in Newcastle with Diags back in December. Georgia grew paranoid when Diags recently said he "wouldn't cover" for his mate any more and the revelation caused tension between pals Georgia and Fran.

But when we bump into Georgia and Tommy at the launch of Thorpe Park's new *I'm A Celebrity... Get Me Out Of Here!* maze, it seems everything is back on track. During our chat, we also ask Georgia about her pal Dan Osborne, who's taken a break from *TOWIE* after being accused of threatening his ex Megan Tomlin...

Hey, Georgia! You and Dan used to be good mates. Have you been in touch with him since he's been off the show?

No. No one's spoken to him. I've said congrats about the birth of his daughter Ella but none of us have really spoken to him. We've all just been so busy.

Would you like him to come back?

Yeah. I love Dan and everyone does. He's part of the family.

Do you think he will return?

Hopefully he'll be back for the next series.

You and Tommy have survived your first attack of the *TOWIE* "curse"...

I'm so over all of that now. It was a learning curve for me, an emotional two weeks – but now I'm over it.

INTERVIEW Julia Brooks

You must have watched the various love spats in previous series of *TOWIE*. How does it differ when it's happening to you?

It's so different. You always watch as a viewer and think, "I wouldn't cry on camera."

But I'll tell you what, I haven't stopped crying. I'm cringing thinking, "Am I crying again?"

Georgia, shut up!" I know girls can relate but when I'm crying I'm thinking, "Shut up!" But I'm over that now.

How have you found being the main focus of this series?

So embarrassing! It's one of those things when you watch it and think, "There's my face again, oh God!"

So if Tommy goes on a night out again, how are you going to feel?

Oh, I'll feel fine. I felt like that back in December. I was fine that night, I dealt with it so well...

But people bring things back up again for their own pleasure.

What's the situation with you, Fran and Diags now?

Last time I spoke to her was on the show. She apologised, which was nice of her, but

I'm not ready to go back down that road.

What do you think about Elliott leaving Essex to focus on running a restaurant in Marbella?

I'm gutted. Whenever anyone leaves it's really



With good pal Dan



Georgia and Tommy have a showdown with Diags and Fran on *TOWIE*



The couple at Thorpe Park last week

upsetting because you feel like family. It's weird, even when the crew leave it's horrible because you grew up together. You're together every day for hours. He's got to do what he's got to do. And you never know, he might come back and do his own thing for the summer. Good luck to him.

'I WANT A MINI MALLET!'

After surviving their relationship wobble, is Tommy already thinking about babies?

So you and Georgia survived the cheating rumours...

Power couple! [Laughs] It's been a lot of stress but now it's nice to deal with other people's agg instead of being involved all the time. It's nice to take a step back and just chill.

We're sure it's been stressful but it's not like you've broken up!
It's not going to happen.

People might as well stop trying.

You've said you'd like to be engaged by this time next year...

I've just got to save the money for a ring. So I'm struggling!

Have you been looking already?

I've had a little look about.

Are you feeling broody as well?

I don't know about that. The only reason I'd like a kid is to dress it. Don't say that to Georgia, she'll go mad. She doesn't want a girl, she only wants a boy. I want a boy

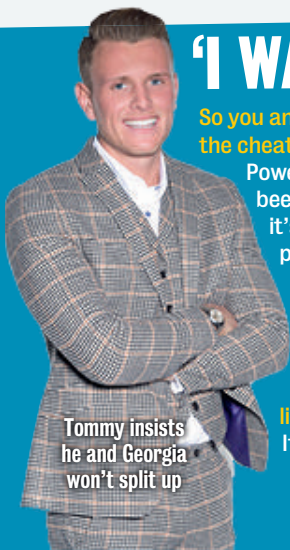
so I can dress it. A little mini Mallet.

You're good pals with Mark Wright. Are you going to his and Michelle's wedding?

No, me and Georgia are going away. We're going to go to Barcelona and then we're going to Los Angeles.

When's that happening?

Barcelona is in April but I don't know when LA will be. We need to get away, we've had a lot of stress this series.



Tommy insists he and Georgia won't split up

Turn to page 78 FOR MORE ON TOMMY

MUSIC

FLO RIDA MY HOUSE

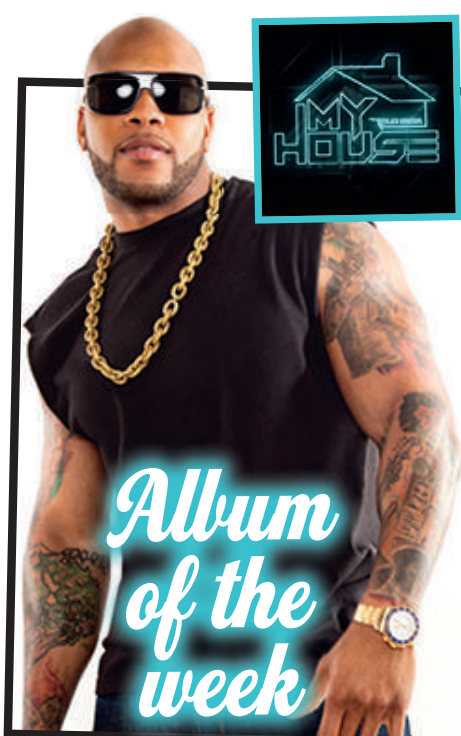
What you need to know...

Hip hop star Flo Rida is back with a new seven-track EP, including hit single *G.D.F.R.*, new track *Once In A Lifetime*, and *Here It Is*, which features vocals from Chris Brown.

First impressions...

This EP is bound to go down well with fans – and anybody else who still has *G.D.F.R.* on repeat! On *I Don't Like It, I Love It* he teams up with *Blurred Lines* star Robin Thicke and Verdine White for a funky, upbeat floorfiller, and on *Once In A Lifetime*, he winds things down to sing about his “neighbourhood dream girl”.

G.D.F.R. (feat. Sage The Gemini & Lookas) is without a doubt the standout track on the album – and its success looks set to continue with an exclusive remix of the song being



Album
of the
week

featured on the soundtrack for new movie *Furious 7*. Exciting!

Download now...

Once In A Lifetime.

Did you know?

Flo Rida studied international business management at the University of Nevada, Las Vegas, but left to pursue a career in music.

new! verdict...

Flo Rida can do no wrong!

What's your favourite song at the moment?

Wish You Were Mine by Philip George. I DJ quite a lot and that's my favourite one to play.

What's your karaoke song?

Probably *Teenage Dirtbag* by Wheatus.

What song would make you turn off the radio?

I'm probably the only person in the world but I just don't get Sam Smith. Ed Sheeran is the one who makes me feel all the feels!

MY TUNES

MATT
RICHARDSON
TV PRESENTER



WILL YOUNG LOVE REVOLUTION

It's been four years since we heard from the 2002 *Pop Idol* winner, but this funky and soulful new track from upcoming new album, *85% Proof*, is sure to be a hit with his followers. It's good to have you back, Will!

BEAUTIFUL EVER AFTER by Katie Piper (Quercus, £7.99)

Katie Piper shares the next chapter of her inspirational story after a brutal rape and acid attack that left her disfigured – giving fans an insight into life since she left the safety of her parents' home. She's now found her Prince Charming and become a mum for the first time...



new! COMPETITION

Win! A 4-STAR HOLIDAY IN FUERTEVENTURA

If you're looking for fresh air, all year round sunshine, sandy beaches and warm seas, then thanks to Neutradol, the fresh air specialists with a product for every smelly situation, you could win this four-star holiday to Costa Calma in Fuerteventura. One lucky reader will be staying in a one-bedroom apartment at the Barcelo Castillo Beach Resort, situated right on the Playa de Caleta de Fuste, in a quiet location.

Neutradol is different to other big brand air fresheners because it breaks down odour molecules, killing the most persistent smells. Fresh air is available from Neutradol Original or Super Fresh in Spray or Gel and in Bathroom, Kitchen, Fabric, Carpet and Dustbin versions. You can find the range of Neutradol products to destroy bad odours and also a chance to win a holiday to Barbados at Neutradol.com.

Terms and conditions: The winner and their partner will receive return flights from main UK airports to Fuerteventura, transfers and a week at the Barcelo Castillo Beach Resort in a one-bedroom apartment. The trip must be taken by March 31, 2016, and excludes bank holidays and the Christmas period and is subject to availability of flights and accommodation as purchased by the agent supplying the holiday on any particular date. Travel to UK airports or incidental expenses are not included. There is no cash or other alternative to the prize stated and the prize isn't transferable and no part or parts of the prize may be substituted for other benefits, items or additions. Prior to departure the winner must buy comprehensive travel insurance either from the agent supplying the holiday or through their own source.



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One entry per postcard. Competition closes midnight 29.05.15 and three working days later for postal entries. SP: Spoke, Helpline: 0333 202 3390

I don't believe in dieting

Tess Daly talks to *new!* about body hang-ups and cleaning up after her husband...

When we catch up with Tess Daly she's sounding a little tired and under the weather, but it's not without good reason. On the morning of our chat, the *Strictly Come Dancing* host was up at the crack of dawn taking part in a photo shoot on the beach in the freezing cold!

Thankfully, the former model, 45, is used to such a gruelling schedule – she and hubby Vernon Kay, 40, are barely off our TVs! But, as Tess tells *new!*, they can always rely on daughters Phoebe, 10, and Amber, five, to keep them grounded.

Here the star, who enjoyed a trip to LA with Vernon and the girls last week, lifts the lid on family life, getting in shape for the summer and hanging out with her mate Claudia Winkleman...

You've designed a dress for Special K. Is fashion something you'd like to go into?

It's been my life-long ambition to try my hand at designing and I'd love to do it again. I've always tried to work with my stylist on the things I wear.

The campaign is about gearing up for the summer. Have you booked a family summer holiday?

Not yet, but hopefully we'll go to the South of France. Every year we spend a few days in the Isle Of Wight with my family, eating fish and chips on the beach, so we'll do that too.

Nice! Do you and Vernon ever go on holiday, just the two of you?

On the rare occasion that just the two of us have been away I spend the whole time missing the kids! So now we always take them with us.

Do you go on a pre-summer fitness kick?

In the winter I do yoga but once I know the sun's coming out I take up cycling and running. I usually work out every other day but I do more intense exercise when summer's coming.

Do you and Vernon ever work out together?

No, he loves to do weight training and I hate going to the gym. I've been trying to get him into yoga but so far he's not having any of it.

Is it important to you to be in shape?

It is but what's more important is staying healthy. I try to incorporate



With *Strictly* co-host and good friend Claudia Winkleman

INTERVIEW Laura Hills

lots of whole foods in my diet, so very little is processed.

What's your guilty food pleasure?

Chocolate. Every afternoon at four o'clock I have to have my chocolate hit. I like the odd glass of wine too.

Is there more pressure to slim down when you know you have a big TV job coming up?

I become more aware of what I'm eating and tend to cut down on carbs. I don't believe in dieting, though. If I cut things out altogether I end up wanting them more.

How have your body hang-ups changed over the years?

The things I dislike, like my elbows, are the same as they've always been. Although now I've had kids I do have a "mum tum". But that's what Spanx were invented for.

What do your daughters think about their parents being on TV?

It's all they've ever known, so they don't find it particularly exciting.

Phoebe's at that age now where

I think she might find it a bit embarrassing but she still loves watching me on *Strictly*.

Do the girls and Vernon give you feedback on your presenting?

Phoebe and Amber are my harshest critics. If they don't like something they'll always tell me. If Vernon doesn't like something he'll tell me too.



With husband Vernon Kay



The former model recently tried her hand at clothes design

Do you see much of Claudia Winkleman?

We see each other all the time. Our kids get on brilliantly, so they have play dates while we catch up. Claudia is one of the funniest women I know.

How do you feel when you read negative comments about yourself on Twitter?

I try to ignore it. Social media isn't the real world. It's too easy for people to be nasty, so I don't let it get me down.

Vernon recently said he does all the cooking and cleaning around the house. Is that true?

Did he? All the wet towels he leaves lying around the house would indicate otherwise! He's a very good cook but the cleaning's largely my domain.

Tess Daly is the new brand ambassador for Special K. Tess celebrated living life in colour by designing a dress created out of thousands of multicoloured balloons.



PHOTOS: Alpha Press, Rex Features

'If Vernon doesn't like my presenting, he'll tell me'

WORDS: Kate Noble, Laura Hills

> Corrie's Callum steps up his twisted game of psychological warfare this week by hopping into bed with David's sister!

During a family meal, Sarah gets a call from her uncle, Stephen, requesting she email an important document. Callum, who's also at the Bistro, offers his "help". Needless to say, the email is forgotten as they rip each other's clothes off back at No.8!

Also, Tracy persuades Tony they should get their own pub. She doesn't want just any pub, though – she wants the Rovers. As we know, what Tracy wants, Tracy gets!

Elsewhere, in Emmerdale, James confides in Emma that he's had a row with Chas. Sensing an opportunity, she offers him much more than a shoulder to cry on...



A shocking discovery

> Gail has been running herself ragged trying to keep the Gavin Rodwell debacle under wraps in Corrie, but she hadn't considered her son's amateur detective skills! David follows his mum to the cemetery and sees her putting flowers on the real Gavin's grave. Uh-oh!

Meanwhile, in EastEnders, Aleks arrives at Roxy's with an engagement ring. But instead of proposing, he says he knows all about her and Charlie!

In Neighbours, Brennan sets a trap for whichever of Dimato's minions has been put to work stealing luxury cars to order, unaware that it's his brother, Tyler.



Jail time

> It seems half of Soapland are behind bars! In Hollyoaks, Porsche visits her mum Reenie (played by Zoe Lucker – See A Cuppa With... for more details) and the McQueen matriarch says she's coming to stay once she's released.

Meanwhile, in EastEnders, Shirley and Buster tell an emotional Dean that Stan has passed away. Will the news push him over the edge? And while Dean's desperate to get out of the clink, Dot tells Max and Carol she won't attend Jim's funeral.



SOAP SNIPPET

We hope Ed Sheeran slathered himself in factor 50 for his cameo in Home And Away! The Thinking Out Loud singer will play later in an episode that will air later this year, but all other details are being kept under lock and key. What isn't a secret though is Ed's love of soaps. Last summer he performed on the Corrie set and had his picture taken with cast members in the Rovers!



Make or break...

> There are more relationship highs and lows in an episode of Home And Away this week than in an episode of TOWIE! Denny finally lays Casey's ghost to rest and kisses Ash at the pier, but then he turns and walks away. Rude!

Meanwhile, Evie and Josh take their romance to the next level, and Nate finally asks Kat out. On the flip side, Sasha and Matt's long-distance relationship crumbles and Oscar realises his feelings for Maddy don't run as deep as he thought...



A CUPPA WITH... ZOE LUCKER

new! chats to the actress who makes her Hollyoaks debut as Reenie McQueen this week...

Were you a fan of Hollyoaks before joining the show?

I used to watch it every night but then my daughter was born and I didn't have time. As soon as I got the part, I started watching again.

What was your first day on set like?

It was like the first day at school! Luckily my first scenes were just me and Twinnie-Lee Moore, who plays my daughter Porsche, so it eased me in.

How do you feel about your new look?

I've nearly always been blonde so it was a big shock!

Have you had to relocate for the show?

My daughter Lily is only six so it would be unsettling to move her, so instead I rent a flat in Liverpool and go back to London when I can.

How do you juggle work and motherhood?

I speak to Lily all the time when I'm away and as long as I bring her presents when I come home, she's OK!

Tell us about Reenie...

She's a tortured soul. She's not had the easiest of lives and even though she tries to be a good mum, she usually fails, which is a shame.

How do the McQueens respond to her arrival?

A few of them aren't happy to see her!

You often play a bitch!

People are so used to me playing these harder roles that I don't get offered anything different. Maybe once I'm older I'll get offered a nice period drama!

You and Gary Lucy have both been in Footballers' Wives, EastEnders and now Hollyoaks. Do you compare notes?

When we meet up we don't usually talk about work. We tend to be too busy gossiping about everything else that's going on in our lives!



We know what we'll do for our wedding!

TV presenter Christine Bleakley, talks to **new!** about fitness and setting a wedding date...

Maybe it's her friendly Northern Irish accent, or just because she's a really nice person, but we warm to Christine Bleakley the moment we meet her.

We've got together with the presenter, 36, to discuss her new travel series, *Wild Ireland*, in which she visits some of the most breathtaking parts of the country. But with filming done and dusted, Christine, who often fills in for regular *This Morning* hosts Philip Schofield and Holly Willoughby, is back in London and enjoying doing "housework" and "normal things".

Her schedule won't be normal for long though. Her footballer fiancé Frank Lampard, 36, is set to move across the pond to join New York City FC later this year and the couple were spotted house hunting in the Big Apple last week, checking out a luxurious £64,000-a-week apartment!

And while the pair, who got engaged in 2011, have yet to set a date for their wedding, Christine reveals they know exactly what they want to do...

Hi Christine. Your series is physically quite challenging. How big a role does fitness play in your life?

I suppose it's quite a big part. I've fallen out of love with going for a run every day, so I'm certainly not religious with my fitness routine, but I like to keep fit. It's important to keep yourself active, trim and capable.

INTERVIEW Olivia Adams

You take part in a swimming challenge. Did you mind getting into your cossie on camera?

After waterskiing the English Channel a few years back with Comic Relief, I've overcome the fear of how I look in a wetsuit because I was at my worst then for sure!

Being in the spotlight, do you feel pressure to look good?

You're aware of it, but most of the time you're blessed with someone trying to make you look half decent!

Filming this was a nice change. I was in outdoor wear. There's no fancy frocks or reapplication of lipgloss.

Has Frank got you more into fitness and watching football?

I've always been interested in fitness but I don't think I'd ever watched a full 90 minutes of football before I met him!

Have you set a wedding date yet?

Not quite, but we know exactly what we want to do and that's half the battle. Frank is slightly up in the air – we don't know when he's heading off – so we're on standby a little bit. But once we know what's happening we can make it happen quite quickly.



The star at a footie match with Frank's dad



The couple are looking at homes in New York



Do you have any summer holidays booked?

No, nothing planned, apart from going home. We're heading back to Ireland again for a little bit.

Can you see yourself ever moving back permanently?

I love going home. All my family and friends are still there. But I go back quite a bit. It's an easy journey.

You prepared some wild salmon on your show. How are you in the kitchen?

I'm not too bad. I'll not starve, put it that way! But I wouldn't say I'm massively confident. I'm quite nervous cooking for more than four people.

What do you like to do on a weekend?

I love walking and going to the odd football match. As I'm on the road for such a long time, being at home is lovely.

I can do the boring housework and normal things. **You're good friends with Holly Willoughby. Have you met her son, Chester?**

Oh yes. All three of her children



Christine with This Morning pals Holly and Phil

are as cute as Holly. They're all doing very well.

Phillip Schofield joked that when you all go out together, you and Holly lead him astray...

What a load of nonsense! He's up there with the best of them. He's very good at acting innocent. He's the one leading the party, always. Well, maybe I am sometimes, but if that's the case then he's easily led! **You did Strictly in 2008. Would you do any other reality shows?** Oh gosh, no. I could never do *I'm A Celebrity*. I'd be the really boring one who couldn't do anything and gets sent home in the first week. I'm actually obsessed with *Big Brother*, but I think I'd go insane in the first couple of days.

Wild Ireland is on Monday, April 13, at 8pm on ITV

Tommy Mallet

What better way to raise awareness for Balls To Cancer than stripping off for a seriously raunchy photo shoot? That's exactly what big-hearted *TOWIE* star Tommy's done – and judging by the size of that blackboard, his heart's not the only thing that's well proportioned!

When these latest snaps of Georgia Kousoulou's boyfriend landed on our desks, we were left speechless – which is a rare occurrence at **new!** HQ. We suspected the 22-year-old hunk was hiding a muscly bod under his tailored suits, and after seeing it in all its glory, we're sure his washboard abs and bulging biceps will rake in money for testicular cancer at lightning speed.

The Naked Issue of GT is available now, or download at Gtdigi.co.uk, with bonus naked videos.



Lori Reid



April 13-19

Find out what's written in the stars for you over the next week

Aquarius JAN 21 - FEB 19

Romantic interests come alive as Venus fans the flames of love. Make it a week to socialise and have some fun. An inspired idea brings a happy solution to a domestic problem. Call my Starline to hear more: **0907 181 2957 (11)*** or subscribe to **new!** Astro Texts (see below right).

Pisces FEB 20 - MAR 20

There's excitement in the air. Hone your ideas and prepare for an enchanting meeting. New plans will have you buzzing after Tuesday, but home is where you're happiest this week. Call my Starline to hear more: **0907 181 2957 (12)*** or subscribe to **new!** Astro Texts (see below right).

Aries MAR 21 - APR 20

You have big plans and, Wednesday aside, getting others on your side isn't a problem. Financially, you could be on to a good thing, but don't risk your cash on Saturday. Call my Starline to hear more: **0907 181 2957 (01)*** or subscribe to **new!** Astro Texts (see below right).

Taurus APR 21 - MAY 21

That restlessness and yearning for distant horizons is at last subsiding. Chances are an intriguing friendship is growing, and happily so is your confidence. Now, you're starting a whole new chapter. Call my Starline to hear more: **0907 181 2957 (02)*** or subscribe to **new!** Astro Texts (see right).

Gemini MAY 22 - JUNE 22

Mingling is not only what you do best, it cheers you up. Leave arguments to others. You have a special way of doing things - with charm! And now you're drawing admirers. Call my Starline to hear more: **0907 181 2957 (03)*** or subscribe to **new!** Astro Texts (see below right).

Cancer JUNE 23 - JULY 23

Whatever you've been waiting for is about to happen, but you must give it a push. Work, money, health - think ambitiously! Your social life is hectic but some quiet time is necessary. Call my Starline to hear more: **0907 181 2957 (04)*** or subscribe to **new!** Astro Texts (see below right).

Leo JULY 24 - AUG 23

You're working so hard and forging a new role for yourself. A bold move looks risky but it's worth it. Venus brings reasons to celebrate. If you're seeking love, you won't have to look far. Call my Starline to hear more: **0907 181 2957 (05)*** or subscribe to **new!** Astro Texts (see below right).

Virgo AUG 24 - SEP 23

It's all change this week. On Tuesday, outstanding legal affairs, travel or educational matters turn a corner. The heat is off, so a little bit of pampering wouldn't go amiss. Call my Starline to hear more: **0907 181 2957 (06)*** or subscribe to **new!** Astro Texts (see right).

Libra SEP 24 - OCT 23

You need to feel the breeze in your hair and to feast your eyes on distant horizons. So, if you can get away this week, do. Venus suggests there's romance to be found away from home. Call my Starline to hear more: **0907 181 2957 (07)*** or subscribe to **new!** Astro Texts (see below right).

Scorpio OCT 24 - NOV 22

A certain relationship has given you food for thought and this week you get a chance to open your heart. The prospect of a new venture is tantalising. But check the costs before you commit. Call my Starline to hear more: **0907 181 2957 (08)*** or subscribe to **new!** Astro Texts (see below right).

Sagittarius NOV 23 - DEC 21

Although the fast pace won't slacken this week, your dealings with others come under more benign trends. A new efficiency drive enables you to take extra demands in your stride. Call my Starline to hear more: **0907 181 2957 (09)*** or subscribe to **new!** Astro Texts (see below right).

Capricorn DEC 22 - JAN 20

Recent creative activities have been so successful, you're looking for a challenge. A new moon ushers in fresh experiences but don't get sidelined. Romance moves to a new level. Call my Starline to hear more: **0907 181 2957 (10)*** or subscribe to **new!** Astro Texts (see right).

LIVE PSYCHIC LINES

You can talk to any of Lori's psychic readers now. Pay on your phone bill. Call **0906 150 5898** (£1.53/min, 18+)

BT calls cost £1.53 per minute. Cost from other networks may be higher. Lines are open from 8am-1am every day, calls made outside of these hours will be charged. Maximum length for calls is 19.6 minutes. Callers must be 18+. You must have the bill payer's permission.

Lori's

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*FOR LORI'S STARLINES, SELECT YOUR ZODIAC NUMBER (IN BRACKETS UNDER EACH STAR SIGN). CALLS TO STARLINES COST 77P PER MINUTE FROM A BT LANDLINE PLUS NETWORK EXTRAS. SUBSCRIBE TO DAILY ASTRO TEXTS FOR 50P PLUS STANDARD NETWORK CHARGES PER MESSAGE PER DAY. THIS IS A SUBSCRIPTION SERVICE. TO UNSUBSCRIBE AT ANY TIME TEXT STOP TO 83088. CUSTOMER SERVICE: 0333 202 3390 (9AM-5PM, MON-FRI). **FOR TEXT-A-PSYCHIC: EACH TEXT RECEIVED COSTS £1.50 PER MESSAGE. YOU WILL RECEIVE TWO TEXTS PER QUESTION. TOTAL COST £3 (PLUS NETWORK CHARGE). WHEN YOU TEXT A PSYCHIC, YOU WILL RECEIVE FREE MARKETING MESSAGES FROM **new!** TO OPT OUT, TEXT NOINFO TO 88004. AVAILABLE ACROSS ALL NETWORKS. LIVE PSYCHIC CUSTOMER SERVICE: 0333 202 3392 (9AM-5PM, MON-FRI). SERVICES FOR ENTERTAINMENT ONLY AND REGULATED BY PHONEPAYPLUS. SERVICE PROVIDER: SPOKE.

new! Letters



WRITE: Letters, **new!** magazine, The Northern & Shell Building, Number 10 Lower Thames Street, London EC3R 6EN

EMAIL: newletters@express.co.uk



Letter of the week

BRAVE MEGAN

Megan Tomlin's account of the abuse she suffered at the hands of Dan Osborne brought me close to tears (*Megan: 'I'm piecing my life back together'*, issue 616). She has brought to light serious issues that will strike a chord with lots of young women. Well done **new!** for backing her.

Sharon, Surrey

These issues definitely need to be taken more seriously, Sharon, and we're delighted Megan's supporting our campaign, 2women2many. A Vintage Cosmetic Company holiday gift set is on its way to you!

PUT 'EM AWAY, AMBER!

I'm afraid the pictures of Amber Rose displaying her ample assets on the beach put me off my breakfast (*Bootylicious Amber shows off her curves*, issue 616)! There's nothing wrong with her body, but couldn't she have covered up just a *little* bit more? I'd hate to be subjected to such a sight while on holiday!

Josephine, Flintshire



SEXY SPENCER!

I loved your pictures of Spencer Matthews at the No1 Boot Camp in last week's **new!** (*Made in Morocco*, issue 616). In fact, I couldn't stop ogling his buffed-up bod! He's not normally my type, but his transformation definitely caught my eye. His girlfriend Lauren Hutton is one lucky girl!

Caitlyn, Liverpool

TWEETS



@Fabiaburlesque

@new_magazine Got today's copy! #hotgossip

@marymoox2

Going out in this weather to collect my @new_magazine will be soooo worth the cold I get! #celebgossip

@gracefriend199

@MissKatiePrice looks fab after boob reduction in @new_magazine #realbeauty

Tweet and follow us @new_magazine To text your comments, write **NEWCHAT** followed by your message and send it to **83080**. Texts cost 25p plus your usual network rate. SP: Spoke Ltd, Helpdesk 0333 202 3390



WEDNESDAY, APRIL 1

HEALTH LOTTERY DRAW NUMBERS

19

26

27

36

42

31

WIN GREAT STUFF!

If you'd like the chance to win our Fab Letter Of The Week prize, write to the postal or email address at the top of the page. Please include your name, address, email and daytime phone number. All letters must be original. **new!** is unable to return any manuscripts or photographs. The editor reserves the right to edit submitted material. **new!** cannot reply to letters individually.

The Vintage Cosmetic Company offers a range of quality beauty accessories with a feminine personality - one that harks back to the glamour and charm of the 1950s. Products include eyelashes, beauty tools, make-up brushes, hair accessories, gift sets and more. Shop the range at Thevintagecosmeticcompany.com and other key retailers including Boots, John Lewis and Feel Unique. The Holiday Essentials Gift Set is priced at £46 - perfect for summer!

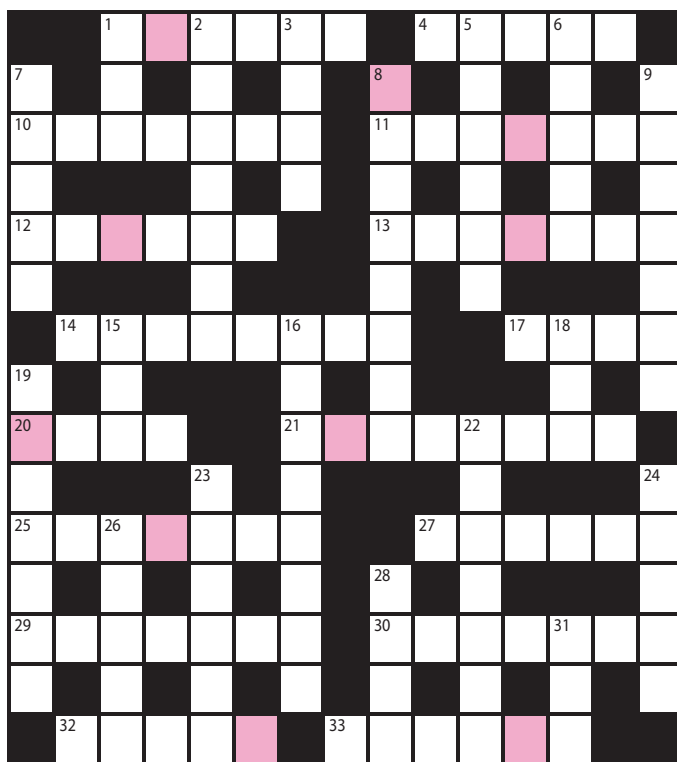


Crossword

Rearrange the letters in the shaded squares to find the name of a Hollywood star...

Across

- 1 Nick __, 98 Degrees singer who was the first husband of Jessica Simpson (6)
- 4 Reality TV star who won the 2015 series of *The Jump*, Joey __ (5)
- 10 __ Brand, actor and comedian who was married to Katy Perry (7)
- 11 German supermodel, __ Schiffer (7)
- 12 Andre __, US former tennis star who is married to Steffi Graf (6)
- 13 West End star who has a daughter with ex-wife Denise Van Outen (3,4)
- 14 US actor whose films include *The Wolf Of Wall Street*, Leonardo __ (8)
- 17 __ Rachel Wood, US actress and star of films including *The Necessary Death Of Charlie Countryman* (4)
- 20 US TV drama whose stars included Eric Mabius, __ Betty (4)
- 21 Popular TV drama starring Benedict Cumberbatch as the titular detective (8)
- 25 Jason __, action film star who is the partner of Rosie Huntington-Whiteley (7)
- 27 US model who is the daughter of Donald and Ivana Trump, __ Trump (6)
- 29 Blue singer who has been a *Celebrity Big Brother* housemate (3,4)
- 30 __ Lawson, British celebrity chef (7)
- 32 Dutch former supermodel, __ Mulder (5)
- 33 The surname of reality TV sisters and former *TOWIE* stars Sam and Billie (6)



Down

- 1 __ *Misérables*, award-winning 2012 film starring Hugh Jackman and Anne Hathaway (3)
- 2 London-based reality TV show, *Made In* __ (7)
- 3 The name Dan Osborne and Jacqueline Jossa have given their new baby girl (4)
- 5 Kevin __, US actor and star of films including *Horrible Bosses 2* (6)
- 6 US actor whose films include *Tower Heist* and *Dreamgirls*, __ Murphy (5)
- 7 __ Dowling, former *Big Brother* winner who went on to host the show (5)
- 8 British actress who played Karen van der Beek in *Californication*, Natascha __ (8)
- 9 See 24 Down
- 15 __ *Manors*, the title of a single and album from rapper Plan B (3)
- 16 Actress who has been Oscar-nominated for her role in *Gone Girl*, __ Pike (8)
- 18 __ Reeves, British actor and comedian whose real name is Jim Moir (3)
- 19 Former ballet dancer who is a *Strictly Come Dancing* judge, Darcy __ (7)
- 22 Avril __, Canadian songstress who is married to Chad Kroeger (7)
- 23 *X Factor* winner who has been a *Dancing On Ice* contestant, __ Ward (6)
- 24 & 9 Down British songstress who was one of the five members of Girls Aloud (5,7)
- 26 __ Chung, British model and TV presenter (5)
- 28 US actress who played Cinderella in the recent film *Into The Woods*, __ Kendrick (4)
- 31 __ Dennis, actor and comedian who plays Michael Rodwell in *Coronation Street* (3)

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Celebrity pets

Match these three stars to their furry friends...

<p>1</p> <p>TAYLOR SWIFT</p>	<p>2</p> <p>CARA DELEVINGNE</p>	<p>3</p> <p>KATY PERRY</p>
<p>A</p> <p>RABBIT</p>	<p>B</p> <p>CAT</p>	<p>C</p> <p>DOG</p>

Issue 615's solutions

Crossword: Claudia Winkelman Wordsearch: Eastwood Celeb shoes: 1:B; 2:C; 3:A
Spot the difference: Colour of juice, colour of Kendall's headband, bowl missing, tattoo on arm missing, chain missing from Cara's bracelet, part of Cara's necklace missing

Spot the difference

Can you find the six differences between these two pictures of Natalie Cassidy nipping out for coffee?



PHOTOS: Capital Pictures, Getty Images, Isomagesuk.com, Planet Photos, Splashnews.com

Wordsearch

The following words associated with Sam Smith can all be found in the grid except for one. Which one is missing?

Band Aid
Brits
Capitol Records
God Only Knows
Grammy
I've Told You Now
La La La
Latch
Lay Me Down
Leave Your Lover
Like I Can
Lily Allen
Make It To Me
Nirvana
Song Of The Year
Stay With Me
The Fader
Together

S	Y	S	W	O	N	K	Y	L	N	O	D	O	G	R
R	T	M	U	H	D	B	L	K	N	N	R	B	W	E
H	N	E	M	F	C	U	B	F	W	E	A	O	O	V
S	U	I	D	A	P	T	Q	G	O	L	E	L	N	O
Z	D	J	R	S	R	W	A	C	D	L	Y	T	U	L
M	I	R	T	V	L	G	L	L	E	A	E	L	O	R
K	A	L	A	H	A	A	O	P	M	Y	H	I	Y	U
C	D	K	B	W	E	N	L	C	Y	L	T	K	D	O
J	N	M	E	P	A	F	A	A	A	I	F	E	L	Y
W	A	R	O	I	A	S	A	S	L	L	O	I	O	E
N	B	N	V	W	T	E	T	D	M	A	G	C	T	V
S	K	G	L	C	K	T	H	I	E	A	N	A	E	A
M	J	T	H	N	T	J	O	N	R	R	O	N	V	E
R	E	H	T	E	G	O	T	M	G	B	S	N	I	L
C	C	A	P	I	T	O	L	R	E	C	O	R	D	S



new! has teamed up with SensatioNail to give away this DIY gel nail kit worth £69.99 – plus an additional colour worth £15.

You can dodge the pricey nail bar and achieve party nails at home with SensatioNail Invincible Gel Polish as it uses the same technique as a professional gel system with its exclusive, portable LED light that cures the polish in seconds.

This prize is worth a total of £84.99. For more information visit Sensationail.co.uk. Products are also available at Boots.

For a chance to win this great prize, send this form, with the answers to our crossword and wordsearch, along with your contact information to: Puzzle Prize 617, **new!** magazine, Number 10 Lower Thames Street, London EC3R 6EN, by April 19, 2015. A winner will be chosen at random and contacted by a member of the **new!** team.

Name:
Email:
Phone number:
Crossword answer:
Wordsearch answer:

Tweet TALK

Catch up with what the stars have been saying on Twitter...



Kylie via Instagram

SUNDAY, MARCH 29

Kylie's collapsed onto what looks like the comfiest sofa we have ever seen! Can we join you?!



@imLucyWatson

Nooooooooo left my favourite Saint Laurent sunglasses in the back of a cab

MONDAY, MARCH 30

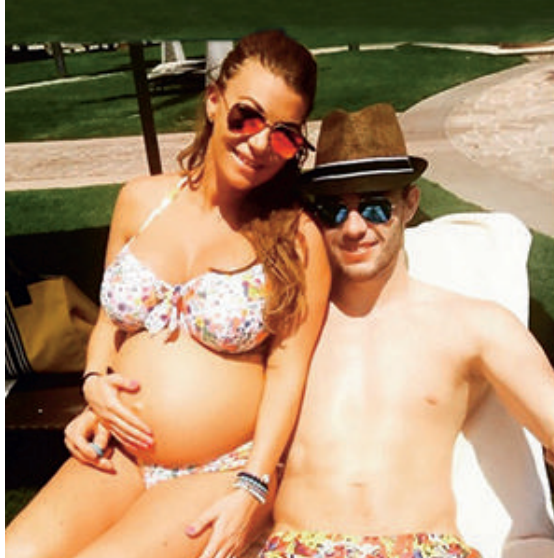
Oh those crushing 21st century posh girl problems, eh Lucy?

Katy Perry via Instagram

I asked for the Kris Jenner

WEDNESDAY, APRIL 1

We bet Kris will be thrilled to learn she inspired Katy's latest Kut!



Billi Mucklow via Instagram

MONDAY, MARCH 30

Even at six months pregnant Billi still has that golden Essex glow!



@justinbieber

The#BieberRoast starts now on @ComedyCentral !! :) I'm screwed. Lol

TUESDAY, MARCH 31

Well, you did volunteer yourself, Biebs.



@nick_clegg

@JoeyEssex_ Really nice to meet you this morning. Sorry about the early start! Hope the programme goes well!

TUESDAY, MARCH 31

Just imagine if Joey was PM... Actually, don't.



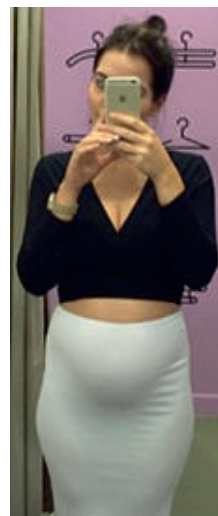
@steveo

Less than two days until I'm on a plane headed to see my sweetheart!

@StaceySolomon Woohoo!!!

TUESDAY, MARCH 31

OMG, cuteness overload #favenewcoupleaward



Helen Flanagan via Instagram

Decided against this @american apparelusa probs a bit too much #ilovey pregnancy bodytho #pregfashion #experimenting

WEDNESDAY, APRIL 1

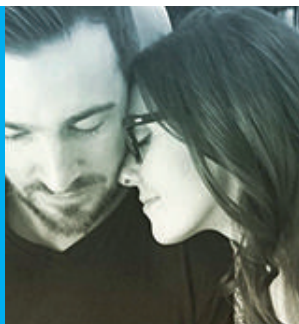
It's nice to see selfie queen Helen embracing her perfectly formed bump.

@msm4rsh

Happy anniversary babe 1 yr and still going strong!! I love you babe @Dan_hoops

SUNDAY, MARCH 29

Aww... looks like Kym's finally found The One!



Tamara Ecclestone via Instagram

TUESDAY, MARCH 31

Little Sophia got well and truly into the Easter spirit!

I new! I

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